Feeling drained?

3 STEPS TO BOOST YOUR ENERGY.

AYA
SINAY
COACHING

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INTRODUCTION

Hello and welcome! I'm so excited to share my proven strategies to help you feel more energised, focused, and aligned every single day.

Hi, I'm Aya Sinay, a high-performance sports coach with a passion for helping women like you reclaim their energy and strength. After facing burnout and exhaustion at the end of my athletic career, I found a new way to thrive and now dedicate my life to supporting women over 40 on their journey to feeling fit, vibrant, and empowered.

My approach goes beyond just physical fitness - I blend movement, mindfulness, and balanced nutrition to help you feel fully aligned in every area of your life.

The tips I'm about to share aren't just about getting through your day - they're about feeling amazing! I've worked with many women to help them rediscover their energy, and I'm confident these simple steps will make a huge difference in your life, too.

Let's unlock your best self together!

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STEP 1. ENERGY: CULTIVATE BALANCE AND CLARITY

Energy is the driving force behind everything we do—physically and mentally. It shapes how we perform and feel throughout the day. The best part? Energy isn't something you either have or don't have—it's something you can build and balance through movement, mindset, and nutrition.

It's not just about physical stamina; energy is about feeling mentally clear, vibrant, and aligned. Often, we underestimate how much our mindset impacts our daily energy levels. By nurturing your mental well-being, you'll naturally boost your physical energy and overall mood.

When you **focus on balancing your mental, physical, and emotional health,** you create more sustainable energy to keep you feeling focused, alive, and productive throughout the day.

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WHY IT WORKS:

Mindfulness practices like gratitude, quiet reflection, and spending time in nature help reduce stress, uplift your mood, and conserve mental energy. By finding calm and clarity within, you prevent emotional drain and feel more energised.

Actionable Tips:

- **The Power of Gratitude:** Before bed, reflect on three things you're grateful for. This practice promotes a positive mindset and leads to better sleep, leaving you refreshed in the morning. Practising gratitude has been shown to increase levels of dopamine and serotonin, neurotransmitters responsible for feelings of happiness and well-being

- **Quiet Reflection:** Take 3-10 minutes daily to meditate or quietly reflect. It clears your mind and restores your energy balance.

- **Active Time in Nature:** Step outside for a short walk, run or sit quietly. Nature has a unique way of recharging your energy, giving you clarity and focus.

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STEP 2: PHYSICAL EXERCISE – BOOST YOUR ENERGY WITH MOVEMENT

Regular movement is one of the most powerful ways to raise your energy levels and the best part? It doesn't need to be intense or take hours of your time. You don't even need to go to the gym. Simple, small actions can create a huge impact on how you feel throughout the day.

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WHY IT WORKS:

Movement increases circulation and oxygen flow to your cells, which combats fatigue. It also triggers the release of endorphins—your body's natural "feel-good" hormones—boosting both your energy and mood.

TIPS FOR DAILY MOVEMENT:

1. The Most Important Step: Just Get Started

The hardest part of any routine is getting started. Put your shoes by the door, and simply commit to heading outside for 10 minutes. Once you start moving, you'll often feel like walking even longer. If possible, aim to do this first thing in the morning, before work or family commitments come into play.

2. Morning Walk:

Start your day with a quick 10-minute walk. This small act can set a positive, energised tone for the entire day.

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3. Movement Breaks:

Set an alarm every hour or two to remind yourself to stand up and move, walk, jump or even dance. It can be just a quick walk around your house or office. This prevents stiffness and keeps your energy levels up.

4. Post-Meal Walks:

A short walk after lunch or dinner helps with digestion and clears your mind. Even 10 minutes will make a difference.

MAKE MOVEMENT FUN AND EASY:

1. Multitask While Walking:

- Take Calls on the Move: If you have work or personal calls, consider walking while you talk.

- Podcasts or Audiobooks: Turn your walks into enjoyable moments by listening to a podcast or audiobook. It makes your walk feel productive and entertaining.

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2. Create Accountability:

- Find a Walking Buddy: Walking with a friend keeps you motivated and adds a social aspect to your routine. You're much less likely to cancel on a friend!

- Track Your Steps: Use a fitness tracker or smartphone app to count your steps. Set a goal of 8,000–10,000 steps a day to stay motivated.

3. Turn Everyday Tasks Into Movement Opportunities:

- Park Further Away: When going to the grocery store, work, or anywhere else, park farther away to add extra steps.

- Walk Instead of Drive for Short Trips: If your errand is within walking distance, choose to walk instead of driving.

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4. Explore New Routes:

Walking doesn't have to be boring! Explore new parks, trails, or neighbourhoods to keep things interesting.

5. Set Challenges:

Challenge yourself to reach a certain number of steps each day, or aim to walk for 30 minutes straight by the end of the week. Adding small goals can keep you motivated and energised.

INCORPORATING VARIETY:

Incorporate a variety of exercises into your routine—whether it's walking, running, strength training, or stretching. This helps boost energy, improve your mood, and support overall health, **especially for women over 40.** Remember, pairing regular movement with good nutrition, mindfulness, and rest can make a lasting difference in how you feel every day.

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STEP 3: NUTRITION – FUEL YOUR BODY RIGHT FOR LASTING ENERGY

As we age, especially in our 40s, hormonal shifts (like those during perimenopause) can lead to changes in metabolism and, unfortunately, some unwanted weight gain. This is completely normal! But it's often the time when many women turn to restrictive diets, fasting, or cutting calories drastically in hopes of reversing the weight gain.

HERE'S THE TRUTH:

Restrictive diets can actually do more harm than good.

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WHY RESTRICTIVE DIETS DON'T WORK

Drastically cutting out food groups or practising extreme fasting can lead to muscle loss, slow down your metabolism, and cause nutrient deficiencies that leave you feeling tired. Worse, it can make you more prone to weight gain in the long run when you stop the diet.

WHAT YOUR BODY REALLY NEEDS

Instead of restricting, focus on **nourishing** your body with the right nutrients and sustainable eating habits. By giving your body what it needs, you'll support your energy levels, hormone health, and metabolism—without deprivation. And the best part? These eating patterns can work for you and your family!

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THE POWER OF MEAL TIMING

Many women in their 40s tend to skip meals, either out of habit or to save calories for later. But skipping meals leads to blood sugar imbalances, energy dips, and intense cravings that can make you overeat later.

Solution: Focus on eating regularly—three main meals and two snacks spaced evenly throughout the day. This approach helps stabilise blood sugar, keeps your metabolism humming, and curbs cravings before they strike.

WHY 5 SMALLER MEALS WORK

- **Balanced Blood Sugar:** Eating 5 smaller meals throughout the day keeps your blood sugar stable, preventing those energy crashes and evening cravings.
- **Boosts Metabolism:** Regular meals keep your metabolism active. Long gaps between meals can actually slow it down, causing your body to store fat.
- **Controls Cravings:** By eating more frequently, you avoid the intense hunger that leads to reaching for unhealthy snacks.

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WHAT SHOULD EACH MEAL CONTAIN

While this e-book focuses on giving you quick tips, here's a brief overview of what a well-balanced meal looks like:

- **Protein:** Helps maintain muscle mass and keeps you feeling full longer.
  Sources: Lean meats, fish, eggs, tofu, beans, and dairy.

- **Complex Carbs:** Your body's preferred source of energy, providing sustained energy without spikes in blood sugar.
  Sources: Whole grains, sweet potatoes, quinoa, oats.

- **Healthy Fats:** Essential for hormone regulation and brain health, while keeping you satisfied.
  Sources: Avocados, olive oil, nuts, seeds, and fatty fish like salmon.

- **Fiber:** Supports digestion, keeps you full, and helps regulate blood sugar.
  Sources: Vegetables, fruits, whole grains, legumes.

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EXAMPLE OF A DAILY MEAL PLAN

It depends, on how active are you throughout the day, but here's a sample plan to help guide your nutrition throughout the day:

- **Breakfast:** Greek yoghurt with 2 large spoons of oats, chia seeds, berries, and a sprinkle of almonds (protein, fibre, healthy fats).
- **Morning Snack:** An apple with a tablespoon of almond butter (fibre, healthy fats).
- **Lunch:** Grilled chicken salad with mixed greens, quinoa, avocado, and olive oil (protein, complex carbs, fibre, healthy fats).
- **Afternoon Snack:** Cottage cheese with cucumber slices (protein, low-carb).
- **Dinner:** Baked salmon with roasted sweet potatoes and steamed broccoli (protein, complex carbs, fibre, healthy fats).

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HOW THIS APPROACH HELPS YOU AVOID CRAVINGS AND WEIGHT GAIN

By eating balanced meals that contain **protein, complex carbs, fats,** and **fibre** at regular intervals throughout the day, you will:

- Feel satisfied and less likely to overeat or crave sugary snacks.
- Prevent energy crashes and mood swings.
- Avoid late-night snacking, which is one of the biggest contributors to weight gain.
- Instead of thinking about **restricting** food, focus on **fueling** your body the right way to optimise your energy, maintain a healthy weight, and feel good.

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STEP INTO YOUR ENERGISED LIFE

You now have the tools to start boosting your energy every day - physically, mentally, and emotionally. By focusing on these three simple steps - nourishing your body, moving regularly, and cultivating balance - you'll begin to feel more vibrant, alive, and in control of your health and well-being.

BUT THIS IS JUST THE BEGINNING!

If you're ready to dive even deeper and receive a more personalised, hands-on approach to transform your life, I invite you to join my **Dream Believe Achieve** program. In this program, we'll go beyond the basics to explore your unique needs, providing tailored guidance and more comprehensive information on how to fully align your body, mind, and spirit for lasting results.

You don't have to walk this path alone - let's take this journey together so you can unlock the best version of yourself, full of energy, strength, and confidence.

LEARN MORE ABOUT THE PROGRAM HERE!

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