

# *Rev Up Your* **MIDLIFE METABOLISM**

**PROVEN STRATEGIES FOR WOMEN IN MIDLIFE,  
MENOPAUSE & BEYOND  
TO BURN FAT AND RELEASE WEIGHT**



*Sarah Haas*

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BURN FAT AND RELEASE WEIGHT**

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Learn more about Sarah and her work at  
**[sarahhaaswellness.com](http://sarahhaaswellness.com)**



Hi I'm

Sarah Haas

**Women's Weight Release & Body Love Coach**

Integrative Nutrition Health Coach

Certified Personal Trainer

Yoga Instructor

Host of the Boss Body Podcast

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**Thank you so much** for requesting this guide. That fact that you're here means you're motivated and ready to for a change. Whether you're looking to achieve your ideal weight, improve your diet, boost your energy or simply to create a consistent healthy lifestyle, **I'm here to help you make the most powerful transformation of your life.**

Special Offer

**COMPLIMENTARY WEIGHT RELEASE STRATEGY SESSION  
(\$249 Value)**

I love helping women who are looking to create vibrant health, so I'd like to offer you a special invitation to schedule a complimentary **Weight Release Strategy Session** with me. We'll map out a customized plan to help you release weight, transform your health and step into a consistent, healthy lifestyle. If you're ready to take action and make a true lifestyle and mindset transformation, schedule your session **HERE**. Don't wait to scoop up this offer. Spaces are limited and they fill up fast!

Let's Connect!



# Welcome!

I'm so glad you're here! Congratulations on taking a powerful step toward reclaiming your health and vitality.

It's no secret that our metabolism slows as we age. The average woman gains 1.5 pounds per year during her adult life - enough to pack on 40+ pounds by the time she's in her 50s if she doesn't combat the roller coaster of hormones, muscle loss and stress that slow her fat burning engine.

That's why I'm giving you my **top strategies** to help **boost your metabolism**, burn fat, and get you back into your skinny jeans.

## My Approach

I don't believe in calorie counting or creating lists of restrictions or "good" and "bad" foods. I don't believe in going hungry or relying on willpower and deprivation. That approach gives you short-term results and you end up stuck in a vicious cycle of losing and gaining.

**If it's miserable, it's not sustainable!**

My approach is to focus on **ADDING IN** the foods and lifestyle choices that your body needs, which will naturally **CROWD OUT** the unhealthy stuff. When your body receives the balance and nourishment it's craving, you will have less room and less desire for unhealthy foods. Your cravings (and your weight) will naturally go down. And stay that way!



# REV UP YOUR METABOLISM

# Tips

## 1 Start with warm lemon water

Before you eat anything, squeeze the juice of half a lemon into a cup of warm water. Lemons get your digestive juices flowing and get your stomach primed and ready for digestion and they have been shown to **increase your metabolic rate so you'll burn more calories and store less fat.**

## 2 Have some coffee or tea

Both are rich in antioxidants, and caffeine gives you a boost of energy to start your day and **has been shown to boost your metabolism.** Be sure not to add much sugar (if any). Keep in mind that everyone reacts to caffeine differently and moderation is key. Listen to your body to determine how much is right for you.

## 3 Build lean muscle

The biggest reason our metabolism slows down as we age is loss of muscle mass. That's why it's so important to incorporate **strength training.** This can be lifting weights or any type of strength training, like yoga or pilates. When you increase your overall muscle mass, you boost your body's resting metabolism, which is the rate at which your body burns calories. A strength training workout that also includes cardiovascular exercise, burns calories during the workout and for up to 72 hours afterwards. Aim for at least two, and ideally three, strength training workouts per week.

## 4 **Eat a hearty breakfast with protein**

Breakfast is known as “the most important meal of the day” for good reason. The first thing you eat sets the stage for how your body functions throughout the rest of the day. Starting with sugar and refined carbohydrates (like cereal, white bread or pastries) sets you up for a blood sugar roller coaster, where your blood sugar spikes and crashes, all day long. Each time, releasing of a flood of **insulin, which, is the hormone that causes fat storage**, especially around the midsection. This viscous cycle also causes uncontrollable cravings for more sugar and carbs throughout the day.

On the other hand, if you start your day with a healthy, hearty, satisfying meal that includes protein, you feel full and satisfied longer and will be much more likely to make smarter food choices throughout the rest of the day.

## 5 **Stay hydrated**

Water is involved in almost every biological function, therefore your body's metabolism slows down when in a dehydrated state. Studies show that drinking just 17oz of water increases metabolic rate by 30 percent. Over 70 percent of muscle consists of water, so when they are not fully hydrated, their ability to generate energy is severely inhibited. Your body's ability to utilize fat as fuel is also restricted when you're dehydrated.

**Aim to drink half your body weight in ounces of water per day.**

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## Skip that second cocktail

When you drink alcohol, **you burn less fat**, and more slowly than usual, because the alcohol is used as fuel instead. Knocking back the equivalent of about two glasses of wine can reduce your body's fat-burning ability by up to 73%.

Moderate drinking can have health benefits, but women should have no more than three drinks per week. Sorry ladies!!! Beyond that, the negative effects drinking has on your health outweigh the benefits.

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## Get plenty of sleep

If you're not getting enough good, quality sleep (at least seven to eight hours), your metabolism will not function properly because the hormones that regulate appetite are thrown off kilter. The next day you won't feel as satisfied with meals and you'll feel hungrier throughout the day. You'll also be more prone to grab a sugary snack for some quick energy or to skip the gym because you're tired.

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## De-stress

When we're stressed, we release **cortisol**, a hormone that gets our bodies ready to fight or flee from a dangerous situation. But when we're under constant stress, high levels of cortisol cause an increase in appetite, insulin resistance, and storing excess fat and calories.

By finding ways to lower your stress, like deep breathing, yoga, or meditation, your brain will feel less threatened, and will signal your adrenal gland to lower cortisol levels.