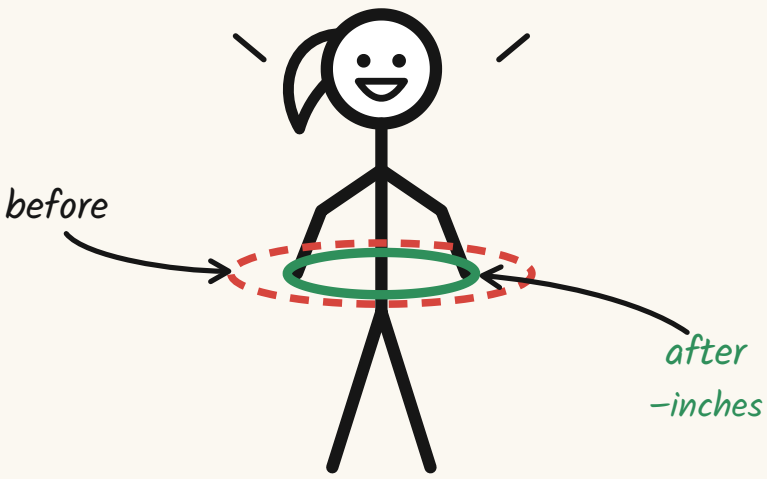
*for women 40+ who are done starving*

# SLIM YOUR WAIST

3 rules. One tape measure. No cutting carbs to zero, no hours of cardio.






**Coach Josh Saunders**
getyourbmr.com · Walk & Water

*read this first*

# YOU'RE NOT EATING TOO MUCH.

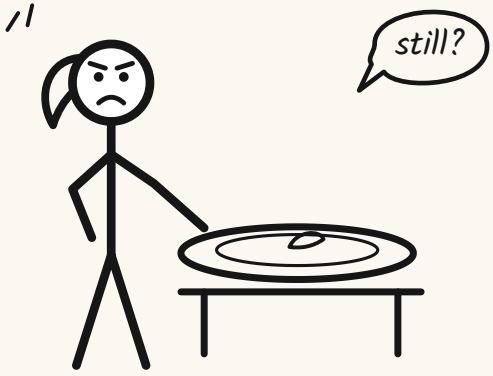


Most women I coach are eating too little of the right food and walking too little. That's it. That's the whole problem.

Hi, I'm Josh. I build nutrition plans for women 35 to 55 who've done every diet and still can't move their waist.

This guide is short on purpose. By the last page you'll have:

- ✓ **Your starting waist number** (takes 30 seconds, page 3)
- ✓ **The eating rule** that keeps you full while your waist shrinks
- ✓ **The walking rule** that replaces hours of cardio
- ✓ **A 4-week check** so you know it's working, or what to fix




## WHAT THIS IS NOT

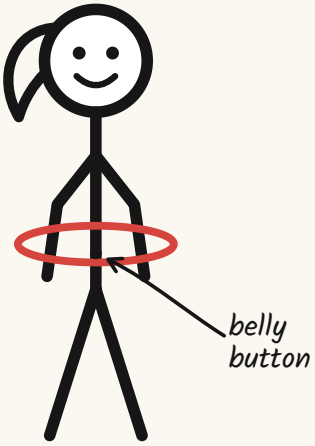
✗ keto ✗ 1,000-calorie days ✗ two-hour workouts ✗ pills or shakes you have to buy

*Grab a tape measure before you turn the page.* →

*step 0 · 30 seconds*

# MEASURE IT. RIGHT NOW.

The scale lies to women over 40. Water, hormones, a salty dinner. Your waist doesn't lie. It's the number we'll watch.




## HOW

1. Morning, before you eat.
2. Tape level, across your belly button.
3. Breathe out normally. Don't suck in.
4. Snug, not squeezing.

| TODAY'S DATE | WAIST (INCHES) |
|---|---|
| WEIGHT (OPTIONAL) | GOAL WEIGHT |

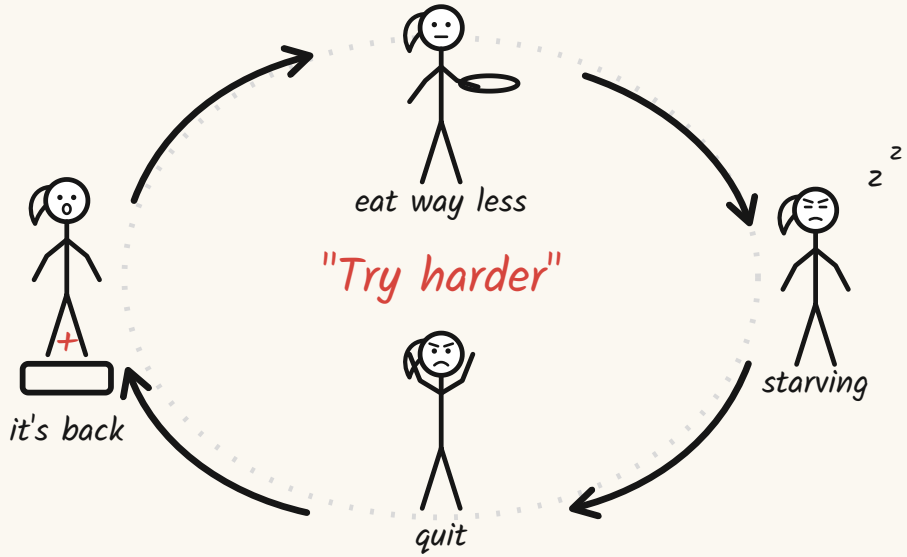
**Bonus:** take one photo too. Same outfit, same mirror, same light. In 4 weeks you'll want it.

*Done? That's your "before." Most women never write it down, then can't see their own progress. You just did. ✓*

*why it hasn't worked*

# THE STARVING LOOP

You've probably been around this circle more than once. It's not a willpower problem. It's a plan problem.



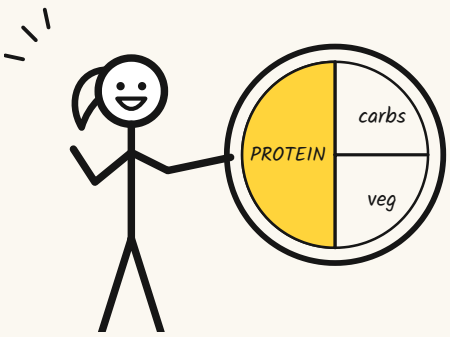

Cutting food hard works for a few weeks. Then life happens, and the plan can't survive it. So we change the plan:

| OLD WAY | THE 3 RULES |
|---|---|
| *Eat as little as you can* | *Eat your number, protein first* |
| *Hours of cardio* | *Walk + water, every day* |
| *Step on the scale daily* | *Measure your waist weekly* |

RULE 1

# EAT YOUR NUMBER. PROTEIN FIRST.

Your body burns a set amount of energy just to keep you alive. That's your **BMR**. Eat way under it and you get hungry, tired and stuck. Eat a little under it, with plenty of protein, and the waist comes down while you stay full.




## THE RULE

**Protein:** about your goal weight in grams.
Goal 150 lb → 135–150 g a day

**Carbs:** at least 10 g *less* than protein.

**Fat:** fills the rest.

**Never** under 1,200 calories.

*Your exact numbers come with your meal plan:* ***walkandwater.app/get***

## WHAT 135 G OF PROTEIN LOOKS LIKE

| | | |
|---|---|---|
| *Breakfast* | *3 eggs + 1 cup Greek yogurt* | *≈ 40 g* |
| *Lunch* | *Chicken salad (5 oz chicken)* | *≈ 40 g* |
| *Snack* | *1 cup cottage cheese* | *≈ 25 g* |
| *Dinner* | *5 oz salmon + veg* | *≈ 32 g* |

*Don't like this meal plan? Want your own?*

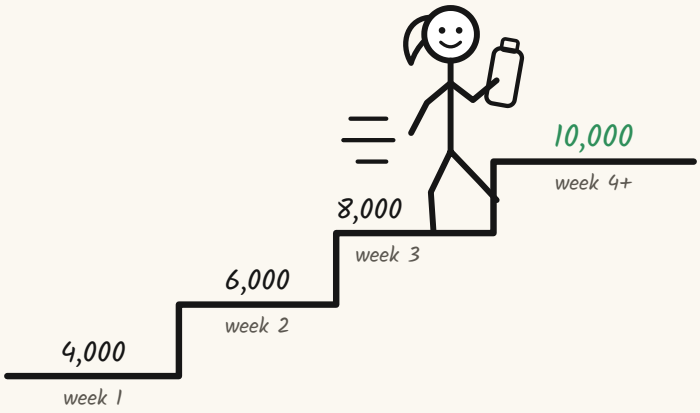
**walkandwater.app/get →**

Get your own meal plan built for you inside the free Walk & Water app. Walk 3 days with a team of women, and it's waiting for you on Friday.

RULE 2

# WALK + WATER. EVERY DAY.

You don't need two-a-day workouts. You need a habit you'll still be doing in June. Walking is the one women keep.




## STEPS

Start where you are, add about 2,000 a week. A 10-minute walk after dinner is roughly 1,000 steps and helps settle blood sugar.

## WATER

8 glasses a day to start. Keep a bottle where you can see it. Thirst can feel a lot like hunger.

## WANT TO TONE TOO?

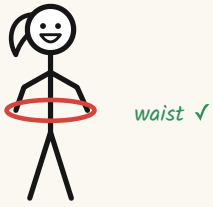
10 minutes at home, 3 times a week: squats to a chair, wall push-ups, glute bridges, rows with a water jug. 3 rounds of 10.

*Easier with a team. Get the free Walk & Water app:*

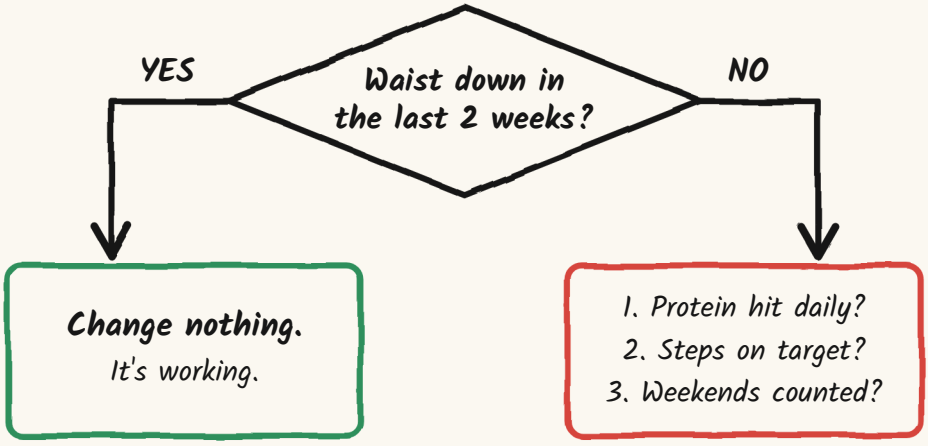
**walkandwater.app/get →**

RULE 3

# CHECK ONCE A WEEK.




Same day, same time, same spot on your belly. Then follow the arrows.



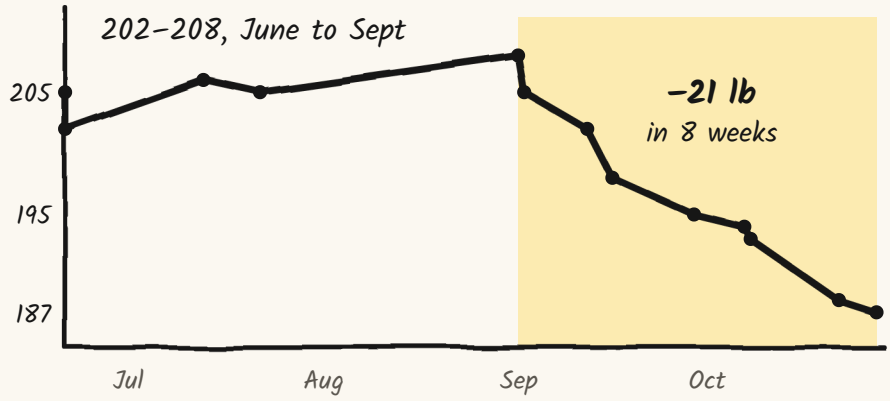

Most stalls come down to one of those three. Fix the one you missed for two weeks before you change anything else.

| WEEK | DATE | WAIST | AVG STEPS |
|---|---|---|---|
| Start | | | |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |

*real numbers from the Walk & Water app*

# BONNIE, 48: STUCK, THEN −21 LB

Every dot is a weigh-in Bonnie logged herself. From June to the start of September they stayed between 202 and 208. Then they dropped.




| Weight | Time |
|---|---|
| **208 → 187** | **8 weeks** |

## WHAT SHE DID

- ✓ **Had her number:** a plan of about 1,210 calories with 125 g of protein a day
- ✓ **Walked about 5,600 steps a day.** Not 10,000. Just every day.
- ✓ **Drank her water** and weighed in every week or two

*Notice what she didn't do: no two-a-days, no 10k steps, no cutting carbs to zero.*



*your next step*

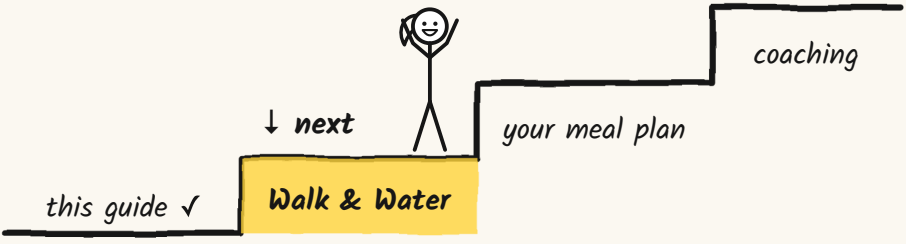
# GET THE APP.

Rule 1 works best with **your** numbers, not my example. Walk 3 days with a team in the free Walk & Water app, and on Friday your meal plan arrives with them:

*Free · 3 days · no card*

**walkandwater.app/get**

- ✓ Your meal plan, built for you, every Friday
- ✓ Your daily calories (never under 1,200) and protein
- ✓ A team of women walking with you




Log your steps and water for 3 days with a team of women. That's it.

*— Josh*