



Guide for Women Over 40:

Simple Lifestyle Changes to Look & Feel Your Best!

Jacqueline **JASE**TM
40PLUS LIFESTYLE EXPERT

JACQUELINEJASE.COM





Expert Secret

With our lives being so busy, making large changes, usually doesn't end very well. I recommend small tweaks to your routine. Like most people, we want to get the biggest bang for our buck. This why it is important to make small tweaks to your daily routine when including new healthy habits so they are lasting.

And speaking about habits, one of my favorite authors, James Clear, says "Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity."

I have put together some lifestyle tweaks that really move the needle as far as helping to look and feel your best over 40!



01

You Are What You Eat

There are a few small steps you can take immediately to improve how you look and feel. The body is so resilient so you can expect to see results fairly quickly!

Eggs: You can never get enough protein in your diet. Eggs are a great source of nutrition. I have been known to have a hard boiled egg or two with me at all times. A little bit of sea salt and pepper...Delish! If hard boiled eggs are not your thing, I usually recommend scrambling into an omelette, cutting into strips, and taking it with you in a reusable container. Hint: Wrap in a paper towel and it will absorb any moisture. I guess this why they call it, "the Incredible, Edible Egg!" :)

Oils: Myth: Fat makes you fat. Totally False. Healthy fats are wonderful for you. My favorites to use are coconut, olive and avocado. I recommend cooking with all of them. Avocado and olive outside of cooking. The days of using soybean and corn oil are over!

Antioxidants: So what are antioxidants? Antioxidants are substances that may protect your cells against free radical damage. Free Radicals play a role in skin aging, heart disease, cancer and other diseases. Some of my favorite antioxidants are blueberries, raspberries, strawberries, and dark chocolate. Other foods rich in antioxidants are artichokes, pecans, spinach, beets and kale.

02

Keep Hydrated

You need to hydrate your body, as 60% of your body is made up of water. So keeping your body hydrated is essential.

Rule of thumb: to drink half of your body weight in ounces each day. I do not recommend over hydrating as that can have negative impacts as well.

I recommend having a water bottle with you at all times. I usually have an insulated bottle with water and ice. To give it some flavor, I add lemon, lime, lemon lime combo, and sometimes Himalayan pink salt.

This combo of water and Himalayan pink salt is called "Sole Water." Pronounced "so-lay." It is said to have benefits for weight loss and better sleep but there is not enough science to back this up. I enjoy it as it adds a unique flavor and a nice pink color to my water!



03

Rest Up



We all know what having a poor night's sleep does to us the next day. Sleep is vital to looking and feeling your best! Your body needs this time to regenerate and recharge. There is so much research on the benefits of good sleep on your body. I find the benefits of having a good night's sleep on your mood can be the best thing for you. Being able to think clearly and with a fresh perspective can totally change your life for the better!

The Sleep Ritual: Sleep becomes a positive habit, if you make it a nightly ritual. Take the time to wind down. Remove all distractions from your room - TV, Phone, Computer - so that your bedroom becomes your sanctuary. Make sure your bed has comfortable sheets, a pillow/pillows that works for your body, a soft light to dim the room...the list can go on and on based on your needs. Take some time to think what works for you.

The Afternoon Nap: One of my favorites, the afternoon nap! Try to take a 20 to 30 minute nap during the afternoon, if you can. The "Power Nap" can really make a difference in your day. Taking that break to recharge and refresh the system. Believe it or not, we are designed to take naps during the afternoon! The weekend nap is truly the best kind of napping. Try not to get off the weekday schedule and wake up at the same time on the weekend. Instead of sleeping in, take an afternoon nap to catch up on your sleep. I usually recommend no later than 4pm as it might make it difficult to fall asleep that evening. Ahhh, love the afternoon nap!

Small Tweaks Add Up!

Adding small tweaks to your routine will make differences long term. Start listening more to your body, your body will let you know what you need!

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Jacqueline Jase



Guiding Women 40Plus passionate about looking & feeling their best so they can be excited to look in the mirror [instead of avoiding it!]

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@JacquelineJase