



CRUSH THE CRAVINGS



**6 ways to Control those
Menopause Munchies**

Thank You for Downloading

Weight gain is one of the biggest things peri/menopausal women worry about (and constantly being hungry doesn't help!) I'm going to share with you six practical tips for controlling your menopausal eating, which I know is a challenge for us ladies.

I'm Strong Coach Mary and if you are struggling with menopause, I KNOW how you feel. After the birth of my third child, I felt physically and mentally broken, crippled with anxiety, and 30 kilograms overweight. I knew I had to change.

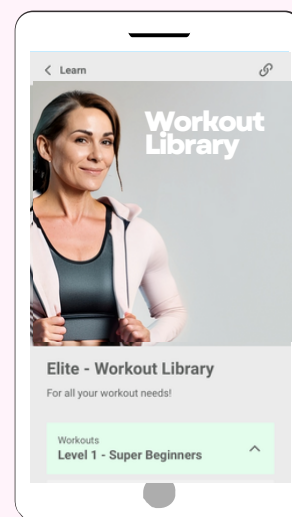
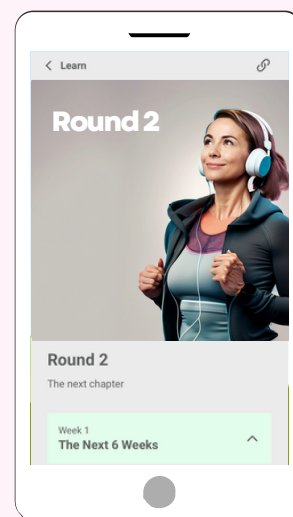
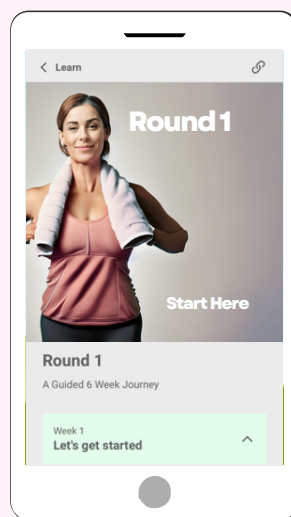
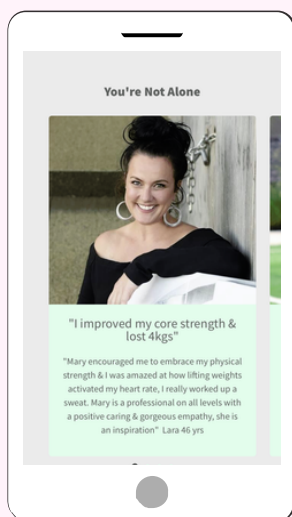
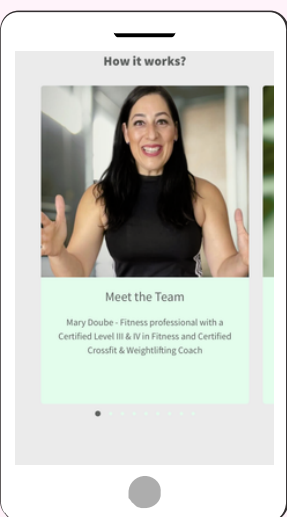


With focus and hard work I got myself from being totally broken to so strong. I was able to completely transform my life, and I can show you how to do it too. As a CrossFit coach and mentor, I'm obsessed with revolutionising how women get their strong minds and body back without sacrificing everything that tastes good.

I've created a simple, step by step framework that shows you EXACTLY what to do so you can get fitter, manage weight gain, sleep better and feel fantastic (without the risks of HRT!). Click the button below for the Aviana Wellness App and see what it's all about!

Check Out the Aviana Wellness App

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Do you believe that to manage your weight successfully, you just need to practice more self-control & be strong enough to say no to the foods that are 'bad' for you?

Do you find you can be 'good' all week long, but when the weekend arrives, all it takes is one little temptation...1 x chip off someone else's plate at a pub lunch, 1 slice of pizza when you're out to dinner, 1 x lick of ice cream at the park with your kids...

And YES you are freeeeeeeee! Free to eat whatever the hell you like - now that you've strayed from your 'perfect plan'.

Trying to be perfect is exhausting, restrictive, and unsustainable; it just leaves you feeling miserable and like a failure.

Instead of trying to be perfect, what if you aimed for 'good enough' instead?



WHAT IF

- Every meal doesn't need to be perfect?
- That one imperfect meal doesn't have to influence your decisions about your next meal?
- That one 'off day' does not have to derail you from your health goals entirely?
- You accept that you're not perfect, and you get straight back on track at the next meal?



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Do you view foods as 'good' or 'bad'?

What's the story you tell yourself about what will happen if you eat that 'bad' food?

You know, the one where you say, 'as soon as I give in and have that 'naughty' choc- chip muffin with my morning coffee, it's a slippery slope for the rest of the day!'

This is a sneaky way for your brain to give you permission to 'give up' on your plan; you ate that one 'bad' food sooooo oh well, game over.

Labelling foods as 'bad' can create opportunities for you to ditch your health plan.

And the more foods you consider to be 'bad', guess what, the more opportunities you have to ditch your plan.



WHAT IF

- You relaxed your food rules, maybe you don't view bread, chocolates, red meat, cheese, pasta, etc as 'bad'!
- You stopped looking at the 'bad' food and started looking at what's driving your desire for them, your habits, and feelings around those foods?
- You started to pay attention to your real feelings of hunger and fullness, and let that be your guide?



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Cheat meals or cheat days sound good in theory, and they can work for some people. However, for most people, it equates to food suffering all week long - you are literally just holding out for the weekend for that sweet food release.

Like the 'perfectionist' and the 'bad foods' way of thinking, the cheat day mentality works off the All or Nothing mindset – you are either all in or all out.

Are we seeing an ongoing theme here?



WHAT IF

- You let go of the 'cheat meal', and it frees you from the mental burden of 'holding on' all week long?
- You don't need to 'cheat' because what and when you choose to eat is up to you?
- You ate in a mostly balanced way every day, rather than full restriction / full blow out the way?



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Self-talk and tradeoffs, you know the ones.

“Okayyy, I won’t have any pre-dinner wine-time cheese and crackers this week but come Saturday – that cheese smorgasbord will be mine!”

All the little negotiations undermine your health goals because they challenge your authority over your decisions.

The self-talk is less than positive as you mentally battle your way through negotiating what you think you deserve/need/want.

And the end game...all it does it help justify reasons for you to overeat.



WHAT IF

- You made decisions about your food choices, fully accepting the outcome - how you might feel physically, emotionally, and mentally?
- You let your values and deeper principles guide you with your choices?
- You choose a different style of self-talk? “I choose to eat this; I know the consequences of my behaviour; I might be a bit anxious afterwards, but I am fine with it.”
- You decide that you are in control, that you get to choose, and that different choices produce different outcomes.



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Weekends are a perfect time to roll around in glorious excuses. You had to do some work, you had family commitments, you had to go away, or you had bloody absolutely nothing on at all.

These excuses become convenient little stories that we tell ourselves. They help us to justify and continue our unhealthy behaviours around overeating.

But you know what, being super busy or super bored doesn't cause overeating.

So what's going on? You need to dig a little deeper...



WHAT IF

- You ask yourself before you eat - what am I feeling - am I tired, stressed, bored, happy, sad, lonely, etc.?
- You keep asking yourself this question, over and over, until you get to the root of your problem.
- This then allows you to solve your problem in a non- food way?

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Pass the chocolate donuts please..." the ol' diet starts back up on Monday".

Hitting pause or delaying the 'diet' can give you a sense of relief. How on earth is anyone supposed to try improving their eating & health habits over the weekend when their job is so highly stressful, they're running ragged, caring for their family, and they are just basically trying to keep it all together?

This may seem like a good solution, starting fresh when you feel ready when the conditions are perfect.

But there is no such perfect time.

Doing something towards your health goals is always better than doing nothing, don't press pause.



WHAT IF

- You realise there is no 'magical' time when things will be easier?
- You just did the best you could in that moment in time, and that was enough?
- You viewed your health the same as you do your job, family, or personal demands? You can't press pause on any of those, why should your health be any different?
- No matter how miniscule the action or how slow it feels, you just keep moving forward?



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THE REVOLUTIONARY NEW METHOD THAT IS TRANSFORMING MENOPAUSE TREATMENT

The Aviana Wellness App is a natural, non-hormonal approach to alleviate menopause symptoms. Our interactive platform optimises the 5 critical areas of your health: Activity, Attitude, Food, Breath And Sleep. It's a proven way to help you get fitter, manage weight gain, sleep better and feel fantastic (without the risks of HRT!)



ACTIVITY

Increase strength and mobility with weekly workouts that you can do anywhere using minimal equipment.



FOOD

Manage weight gain, restore energy and optimise your health with meal plans, nutritional lists and recipes.



SLEEP

Unlock your natural ability to sleep with our 12-step sleep plan. Say goodbye to insomnia and hello to beauty sleep!



ATTITUDE

Develop a fierce mindset, improve your mood and overcome negative thoughts with tools to manage your emotions.



BREATH

Learn how to calm your mind, reduce stress and induce relaxation with weekly guided breathing lessons.



Transform Your Health And Fitness with the Aviana Wellness App!

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