

FLIPPING 50'S 2023

HEALTHY HOLIDAY GUIDE

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www.flippingfifty.com

HOHOHO!

MEET YOUR ELF

I love the holidays, the memories, the longtime traditions and the new ones.
My goal here is to share a little of that joy with you and package it in a healthier, simpler, holiday full of choices with no regrets.
We're celebrating this annual tradition that is now a decade old.

Traditionally, I share recipes, workouts, some of my favorite things discovered this past year and many used every day... and some new magic for 2024 at Flipping 50.



Debra

The links included will be "live" if you have the guide **on your computer or device. paste the link in your URL**



EVENT OVERVIEW

HOW TO HANDLE HOLIDAYS &RECIPE MAKEOVERS

A set of sweet treats that still pack the protein. These are dessert-worthy. Don't underestimate the value of eye-appeal when you're making holiday meals. These may become your new favorites.

STOCKING STUFFERS

Some of the best things come in small packages. Some of the new things I've discovered this year fit nicely into your stocking!

WISH LISTING & GIFT GIVING

For your giving and getting pleasure, for your fitness and happiness all year, here's what I'm using now and taking into the New Year.

HEALTH BEYOND HOLIDAYS WITH FLIPPING 50

Thanksgiving week, December and 2024 we're getting ready for a wonderfully fit season and New Year. A little sneak tonight about limited-space events opening for enrollment over Thanksgiving week.



REPEAT AFTER ME

WON'T YOU TRY JUST ONE?

I wish I could!! They look so good! But I've recently found that I can't tolerate that and I'd hate to miss the party or have to leave early because I don't feel well! That would be awful!

OH, COME ON... HAVE SOME FUN

Oh I am! And I used to think this way too but since I've eliminated a few things from my diet my health and energy are so much better that ... well THIS IS FUN!

CAN'T YOU TAKE A DAY OFF?

Definitely! And I do. Yet, while I'm away/a little busier I find I am so much more pleasant for others to be around when I stay moving! Would you like to join me?

I SUPPOSE YOU CAN'T EACH THAT?

I can find something to eat almost anywhere. It's become really easy to choose feeling good all the time instead of feeling good for a few seconds. Don't worry about me. I love feeling this way.





DON'T FORGET TO JOIN

LISTEN TO THE PODCAST

1. **STEP ONE:** Choose your podcast. Seeking fitness for your fitness now? Flipping50. Fitness Pro, Health Coach, starting or growing a business? She Means Fitness Business.

2. **STEP TWO:** Listen wherever you listen to podcasts(80+ platforms) Visit show notes for the reads-like-a-blog posts and links to connect to resources or guests.

3. **STEP THREE:** Connect with our community in the Facebook group Flipping50Insiders to post a question that may be answered in an upcoming podcast.

HOLIDAY SANE WORKOUTS

CHEAT SHEET

PRIORITY 1

WEIGHT TRAIN

3 x 3
2 x 3
or circuit 2-4x
2x a week

PRIORITY 2

INTERVALS

Warm up
High: Recovery 4-6x
Cool down
2-3 times a week

PRIORITY 3

YOGA (OR BLSSMAS)



NOTES:

THIS	NOT THIS
• short	• long
• frequent	• sporadic
• plan	• feels-like-it
• training	• exercise
• adequate intensity	• just done
• move more	• couch compensate
• eat regularly	• starve & binge
• compound	• isolated

www.flippingfifty.com/blissmas

HOLIDAY SANE WORKOUTS

CHEAT SHEET

PRIORITY 1

WEIGHT TRAIN

total body in 10 min +
volume in sets not time
correct form
heavy over many

PRIORITY 2

INTERVALS

20-30 second sprints
4-6 times
complete recovery
any mode you like

PRIORITY 3

YOGA (OR BLSSMAS)

3-4 poses
or sun salutation series
target chest and hip openers
breath in breath out



WALK after meals & stress



THIS

- bent over row
- lat pull down
- squats
- leg press
- lunges
- chest press
- pull ups
- Muscle & strength

NOT THIS

- bicep curls
- tricep kickbacks
- leg lifts
- shoulder raises
- push ups
- Pilates exclusively
- Yoga exclusively
- Steps exclusively

www.flippingfifty.com/blissmas

mudslide



YUMMY!

ingredients

- 1 scoop protein powder
- 1 -2 tsp cacao powder
- 1 cup almond, coconut or blend milk
- 2 cups ice
- 1 T sugar-free chocolate syrup
- 1 T sugar-free mini dark chocolate chips, or carob chips (Lily's)
- whipped topping (coconut)

directions

Place ice and drink into a blender and mix well. The mixture will be slushy like. Like a creamy chocolate slushy. **Drizzle the chocolate syrup down the sides of the glass.** Pour in the slushy goodness. Top with whipped topping and insert straws. Add a few chocolate chips or cacao nibs. Decadent treat.

.

grasshopper



THE “ADULT DRINK” WITHOUT THE ALCOHOL

ingredients

- 1 large banana cut up and frozen
- 1 serving Vanilla Paleo or Plant Power protein
- 1 cup firmly packed fresh spinach leaves
- 3/4 cup unsweetened vanilla almond milk
- 1/2 medium avocado (I use frozen)
- About 10 small fresh mint leaves
- 1/4 tsp pure peppermint extract
- Coconut whipped cream, optional for serving
- Cacao nibs, optional for serving

directions

Add all ingredients (except whipped cream and cacao nibs) to blender.

peppermint paddy



AFTER DINNER, TELL YOUR BRAIN “I’M DONE”

ingredients

- 1 cup frozen riced cauliflower
- 1 cup unsweetened, plain almond milk (or plant-based milk of choice)
- ¼ cup raw cashews
- 1 serving Vanilla Protein Powder
- 6 soft Medjool dates, pitted
- ¼ tsp peppermint extract (not mint)*
- 2 cups ice cubes
- **Optional Smoothie Boosters:**
- 1 T chia seeds
- 1 T hemp seeds

directions

Add cauliflower, almond milk, almonds, dates and peppermint extract to a high-speed blender. Add any desired smoothie boosters to the blender as well. Blend on the highest speed for at least 30 seconds until smooth and creamy.

Add 1 cup of ice and blend again until smooth. Taste and add another cup of ice if a frostier smoothie is desired (I love a frosty smoothie personally and always add the second cup of ice). Blend again until perfectly smooth and creamy. Pour into 2 glasses and garnish as desired. I love to add a chocolate drizzle over top for an authentic chocolate/peppermint combo.



sweet potato smoothie

DELICIOUS WAY TO GET YOUR VITAMIN A

ingredients

- 1 cup frozen cubed sweet potato (or sub frozen cubed butternut squash)
- 1 frozen banana
- Vanilla protein powder
- ¾ cup unsweetened almond milk, plus more as necessary
- ½ cup Greek-style Almond yogurt or 3 T hemp hearts to bump protein
- 1 T almond butter or pecan butter**
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- Pinch of nutmeg
- Pinch of ground cloves

directions

In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more almond milk to thin the smoothie. If desired, drizzled with melted almond butter and sprinkle with your favorite granola. (I love Purely Elizabeth) Makes 1 smoothie.

*This is a higher-carb smoothie even with the protein. If you're doing a high-energy day or recovering from one, this is perfect.

**You'll be glad you did the pecan butter

STOCKING STUFFERS

1. **PIQUE TEAS:** The cleanest matcha tea 4x tested. Drink to your health with antioxidants and support fat burning naturally with a clean pure product.
flippingfifty.com/givematcha

2. **DANGER COFFEE:** The cleanest coffee with added minerals and electrolytes. From Dave Asprey.
flippingfifty.com/givedanger

3. **FOOT HEALTH:** The foundation of your fitness lives here. I use the toe spreaders and insoles daily!
flippingfifty.com/naboso

4. **ANNMARIE SKINCARE:** Gift yourself flawless skin with a trio of Annmarie Skin Care's most spa-worthy products
flippingfifty.com/giveskin

5. **TRU ENERGY SYSTEM:**This system has been mind-blowing. Reduce puffiness, jowls, crepey neck skin...in days.
flippingfifty.com/truenergy



PIQUE TEA



ANNMARIE SKIN CARE



TRU ENERGY



DANGER COFFEE



NABOSO



NOTES:

6 GIFTS GUARANTEED TO ENHANCE FITNESS

NOT BATTERY OPERATED!

1 POWER PLATE

Bone density, balance, recovery, healing, muscle recruitment... proven in minutes a day
flippingfifty.com/PowerPlate
Code: **Flipping50** for 20% regularly
LIMITED TIME 25% off

2 WEIGHTED VEST

To load your spine optimally during exercise, and or overload the lower body with home exercise a weighted vest is amazing. Walk or do your squats or lunges with it. 10% of your body weight is best. **Mine is #20**.
Flipping 50 Amazon Store

3 SMART SCALE

if you don't have one yet, now is the time. If you lose lean muscle now, you will work extremely hard to get it back. **Flipping 50 Amazon Store**

4 PROGRAM BOOST

You've done a Flipping 50 program, you finished VIP coaching, you want and need accountability. 90 days, 20 minute sessions. Total progress. Limited spots. **Fast Flip coaching**.
NOTE: no applications without prior program participation.
flippingfifty.com/givefastflip

5 COLD PLUNGE

The benefits of cold plunge and cryotherapy are still a little controversial but the advantages for brown fat and brain clarity are amazing. **Flipping 50 Amazon Store**

6 BELLABOOTY TOOL

Booty lift made easy with a hip thrust tool that turns dumbbells into comfortable way to do hip thrust.
Flipping 50 Amazon Store

FITNESS TOYS















3 GIFTS FOR LIFESTYLE UPGRADES

1

SUNLIGHTEN SAUNA

Infrared sauna is a health-boosting, immune-boosting, natural detox, recovery-enhancing tool you can bring right to your home every day. I've enjoyed a solo sauna for 2 1/2 years and love it!
flippingfifty.com/givesauna

2

SAVVI BRAND FITNESS +

Savvi is more than a fitness brand. These lifestyle fashions are fun, affordable and the women-run company is doing something unique.
https://savvi.com/flipping50

3

CGM

For controlling blood sugar, stabilizing energy and combatting insulin resistance you need to know in real time how food, sleep, exercise and stress are influencing you. Now you can see it. Get a year membership ($150) and add 28 days of monitors $150 for a great start to health in 2024
Flippingfifty.com/myglucose



SUNLIGHTEN SOLO

The perfect sauna for personal use and anyone who doesn't want or have the build in space in their home.



ACTIVE & LEISURE FASHION

SAVVI

1 **Join and Save** Join and get a significant discount each month- the money you joined with! Drop in and out, no problem.

2 **Female run.** I like that we support female-run businesses. Female entrepreneurs are increasing, likely meaning better choices for us

3 **Shop the drop.** Limited runs. Get the new items or miss them. Lower rates come from this limited batch and... you won't see someone walking toward you in the same thing.

4 **Changing the way we buy clothes.** Non-toxic, eco-conscious clothing with style at an AFFORDABLE rate.

50% off NOW during a special sale. HURRY

https://savvi.com/flipping50

GLUCOSE MONITOR



Shareable data

NOTES:

BEYOND HOLIDAYS HEALTH

1

12-DAY CHALLENGE!



FLIPPING 50's BLISSMAS 12-DAY CHALLENGE

An annual favorite! 12 days beginning December 1. Get full credit toward an eligible next step. Get started, stick with it, or take a break from what's not working now. Strength, cardio, yoga... it's all here.** **Flippingfifty.com/blissmas**

2

CAFE MEMBERSHIP!

2 Bonuses



New Member Enrollment

BLACK FRIDAY EVENT!

CAFE MEMBERSHIP

This 1st & only membership designed for women in peri-to-post menopause includes workouts, access to Debra for coaching, and a "universe" of courses, challenges, recipes all focused on hormone balance and optimal now and later. Notification: **flippingfifty.com/cafe**

black friday special!

3

MENOPAUSE FITNESS

2 Bonuses



SINCE 2018 CERTIFYING

Flipping 50 Menopause Fitness Specialists are in demand. To juggle the multiple needs of clients with blood sugar, joint issues, and hormonal disruption... requires special skills. + 2 bonuses **flippingfifty.com/specialist**

black friday special!

black friday special!

VIP START!

$999

90-MINUTE SESSION



TEXT 24- HOUR ACCESS

BONUS BUNDLE 40 EXPERTS

FLIPPING 50 MEMBERSHIP

WHAT, WHEN & WHY
TO EXERCISE
FOR WOMEN 40+



2 30-MINUTE CALLS 30-60 DAYS





black friday special!

2024 FLIPPING50 RETREATS

1

EARLY 2024 IN AZ



ARIZONA FEB/MAR

Challenge 3 days of hiking, coaching for midlife & beyond better than ever. Includes **90 day training plan** and choice of shared or single accommodations.
EARLY BIRD REG Opens Nov 17

black friday special!

2

JUNE IN CO



COLORADO IN JUNE

Enjoy mountain hiking, beautiful meals and cross training & outdoor activity. 90-day training plan. Limited space.

EARLY BIRD Opens Nov 17

black friday special!

3

PROS & GOS IN GC AZ



GRAND CANYON R2R

Ready for a big challenge and a growth-minded session growing your business? Fitness pros and health coaches unique retreat & she treat.
Sept 2024

JUNE IN CO



FEB AZ PRO OR GO



GC AZ PRO SEPT



NOTES:

PRE-ORDER 1 or 4 for all year!

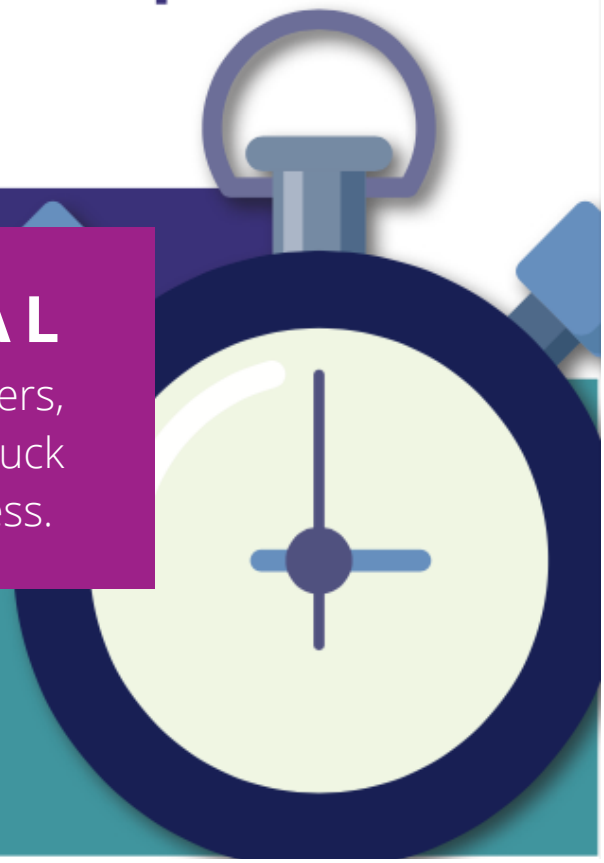
great gift!

90 Days
sleep
exercise
nutrition
energy
symptoms
hydration
weight-fat-measurement
daily-weekly-monthly
goals

Flipping 50's

FLIPPINGFIFTY.COM/90dayplanner

90-day *Tracking* the Flip



FLIPPING 50 JOURNAL

The perfect place to track, measure what matters, use Flipping 50's formula for after 50 fitness. Tuck Debra in your purse and see your progress.

Debra Atkinson

PRE-ORDER 1 or 4 for all year!

great gift!

Inside the front and back cover you'll find support for setting goals. Many of the goals are self-explanatory. If you're in or have been in Flipping 50 programs, Membership, or you've read my books you know the science behind these goals for women in menopause.

How to set a hydration goal

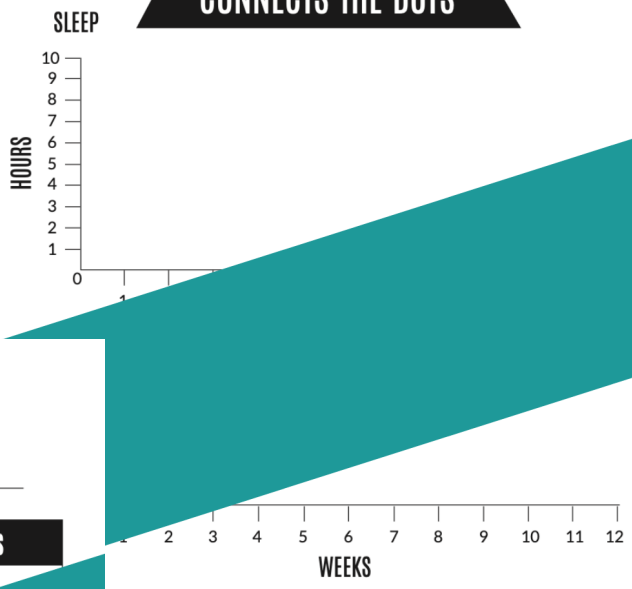
The general guideline for optimal hydration is ½ your body we
of us that would be way too much (and not healthy
close the gap between where you are

Track your aver
you

ystem

Read labels and Google as needed. Don't
g your norm. Find your average daily intake. Then add
daily goal for the next week. Healthy ranges for women who wa
want better elimination and blood sugar(energy) levels are between
by no more than 5 grams a week and your body will adapt nicely. Inc

CONNECTS THE DOTS



DAILY PLANNER

Morning routing Bedtime routing

Hours of sleep: ____ Bedtime: ____ Waketime ____

Energy
1 2 3 4 5

Elimination
1 2 3 4 5

Digestion
1 2 3 4

Al

SUPPLEMENTS

BLESSINGS

MENTS/TIME

Intervals

Low-to-mod

Long slow

Mobility

Protein

Fat

LUNCH

flippingfifty.com/90dayplanner

PRICELESS...

Call a friend or relative daily until the end of the year. Tell them how much you value their friendship even if you don't "tell" them. OR call the same person daily.

Arrange a month of special notes for a "shut in" to open each day of December. Add little gifts like a favorite tea or hand lotion if you like.

Share all of your favorite traditions and holiday memories in a special book so they don't end with you.

Instead of gifts and cards and postage you may not be fully vest in, consider planning an event or challenge together with friends, even if you complete it virtually.

Don't forget you. Leave yourself wiggle your toes in slippers time, moments in a candlelit bath, quiet starts with Christmas lights. And all the Hallmark movies you can stand.



New Cafe members... mark your calendars for a special virtual retreat in Janaury



THANK YOU

YOUR STRENGTH DETERMINES...

Everything. They're taking your lead. Make the most of your final days of 2023.

We've got this.

Your dreams. Your family. Your longevity. Your joy in todays. It all depends on your health and your strength.

Happiness in the holidays and all year.

Debra

NOTES