

FLIPPING 50'S 2024

# HEALTHY HOLIDAY GUIDE

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www.flippingfifty.com

# JOY TO YOU!

## HOW CAN I ELF YOU?

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 since 2013.

In line with tradition, I share recipes, workouts, some of my favorite things discovered this past year and many used every day... and some new magic for 2025 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.

## SMALL THINGS

Stocking Stuffers!  Some of the new things I've discovered this year fit your need for a "little something"!

## 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 2025 we're ready for a wonderfully fit season and New Year. A little sneak tonight about limited-space events opening for lowest rate enrollment over Thanksgiving week.  (we NEVER go backwards!)







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.



# 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.*

HOLIDAY SANE WORKOUTS

# CHEAT SHEET

## PRIORITY MUSCLE 1

### WEIGHT TRAIN

push, pull. leg
3-4 sets each
2x a week

## PRIORITY MOVE EMOTION 2

### INTERVALS

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

## PRIORITY REDUCE TENSION 3

### YOGA (OR BLSSMAS)



### THIS

- short
- frequent
- plan
- training
- adequate intensity
- move more
- eat regularly
- compound

### NOT THAT

- long
- sporadic
- feels-like-it
- exercise
- just done
- couch compensate
- starve & binge
- isolated

www.flippingfifty.com/blissmas

HOLIDAY SANE WORKOUTS

# CHEAT SHEET

## 1

### WEIGHT TRAIN

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

## 2

### INTERVALS

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

## 3

### YOGA (OR BLSSMAS)

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

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### LONGEVITY

- Lateral leaps
- Agility “ladder”
- Quick feet ^v lateral
- Rear/side lunge to knee
- Jump in out punch LR
- Prone foot to hand
- Supine foot to hand
- Clam arm open

### CARRYON WEIGHTS

- Bent over rows
- Chest press
- Squats
- Rear lunges
- Side plank leg lift
- Single leg DL
- Yoga half moon
- Yoga Tree Pose

www.flippingfifty.com/blissmas

# pumkin smoothie



YUMMY!

## ingredients

- ½ frozen banana
- ½ cup ice cubes
- ½ cup plan yogurt (non-dairy)
- 1 serving vanilla protein powder
- 1 serving collagen powder
- 1/2 cup pumpkin puree
- 1/2 cup unsweetened almond milk
- 1 T almond or pecan butter
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- pinch each of nutmeg, ginger & allspice (or use pumpkin pie spice)

## directions

Blend with small amounts of liquid as needed to reach thickness you want. For thick smoothie bowls I prefer to use my Vitamix.

.

# Bacon-wrapped Stuffed Dates



THESE WILL DISAPPEAR!!

## ingredients

- 6 ounces creamy goat cheese
- 24 plump Medjool dates
- 12 slices thinly sliced bacon, cut in half
- 1/3 cup honey
- 1 T chopped fresh rosemary
- 1/2 tsp cayenne using more or less to taste
- kosher salt and black pepper

## directions

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
Split the dates in half lengthwise, but don't cut the date all the way through. Remove the pit and discard. Stuff each date with goat cheese, then gently squeeze to seal. Wrap each date with bacon and place seam side down on the prepared baking sheet. Repeat with the remaining dates.
Combine the honey, rosemary, cayenne, and a pinch each of salt and pepper. Evenly drizzle 1/2 the honey over the dates.
Transfer to the oven and bake 20-25 minutes, until the bacon is crisp.



# Cauliflower Pea Cashew Salad

THE “ADULT DRINK” WITHOUT THE ALCOHOL

## ingredients

- ¼ cup Onion, finely chopped
- 1 head Cauliflower, chopped
- 1 cup Frozen peas
- ¼ cup (or more to taste – I use a lot more!) Vegan mayo
- ½ cup salted Cashews, halved
- Salt & pepper to taste

## directions

Simply blend all together.
Refrigerate. The peas will thaw, and flavors will blend in the refrigerator overnight.
A perfect blend of salt, sweetness and crunch.



# Vegan Broccoli Salad

DELICIOUS WAY TO GET YOUR VITAMIN A

## ingredients

- 6 cups broccoli florets chopped (this was 12 ounces for me)
- 1/3 cup raisins (I prefer to dried cranberries infused with sugar)
- 1/3 cup sliced almonds
- 1/3 cup sunflower seeds
- 1/3 cup vegan mayonnaise (I use one made with aquafaba)
- 1 Tbs Dijon mustard
- 1 Tbs apple cider vinegar
- 1 Tbs honey or maple syrup
- salt and pepper to taste

## directions

IIn a large bowl, add the broccoli florets, raisins, sliced almonds, and sunflower seeds. In a small bowl, add the mayonnaise, Dijon mustard, apple cider vinegar, honey, salt and pepper to the make dressing. Mix until smooth.

Add the dressing to the bowl with the broccoli and mix until all of the broccoli is wet and covered in some of the dressing.

You can eat this salad right away or store it in the fridge and serve it later.



# Leftover Turkey Grape Pecan Salad

HIGH PROTEIN OPTIONS FOR DAYS

## ingredients

- 1 lb turkey breasts (or make poached chicken breasts)
- 2 celery stalks, finely chopped
- 2 T onion, finely chopped
- ¼ cup pecans, finely chopped
- ⅓ cup mayonnaise
- ½ cup red grapes, halved
- salt, to taste
- pepper, to taste

## directions

Use leftover turkey (white meat) or make poached chicken breasts.
Next, finely chop the onions, celery, and pecans and place them in a large mixing bowl. Add the mayonnaise to the bowl with the onion, celery, and pecans. Once the chicken is cool, finely shred it and add it to the bowl with the celery, onion, pecans, and mayonnaise.
Mix well until combined. Gently fold in the grapes until combined. Add any additional salt or pepper as well as the additional mayo based on your taste preferences.
Grapes are much lower in sugar than dried fruit, in case you're tempted, I don't!

# 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. **HAPPY GUT COFFEE:** An exciting chance to be a part of a kickstarter campaign with Dr VIncent Pedre **flippingfifty.com/happygutcoffee**

3. **EYE MASK:** For the frequent traveler, extra eye masks for suitcases ensure you always get a good night sleep. **flippingfifty.com/resources**

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



Why I love it: matcha is a game-changing way to have your caffeine and not suffer if you get jittery or anxious. It's L-theanine is calming. So at the same time you get the focus and clarity (and FAT BURNING) you want, you get a little chill pill too.

That's great news for those (or those around those) who get a little "extra" when on caffeine. And... matcha is concentrated green tea. One of the highest ORAC values ever! That's big news for antioxidants that fight free radicals, and for your disease risk and skin health, you're making a great choice.

Since I began sharing in 2014 the FAT BURNING BOOST of matcha (like 24 or 28% boost compared to not drinking it when you were not working out or when you were doing intervals) I've added it to smoothies.
Pique is THE MOST screened and third-party tested matcha out there. And the flavor? Tops ANY brand... and I've tried them ALL!

# ANNMARIE SKIN CARE




Annmarie Skincare is a constant in my gym and pool bags as well as my gift-giving . My bathtub routine includes one of three ASC masks. I love them all .. the charcoal, the honey, the brightening...

When I first thought of using OIL on my already midlife troubled skin trying to figure out what climate I was living in, I thought, WHAT?

Now, I remove makeup with oil, I use oil serums, and my skin has never been better. Hash temperatures here in AZ, and tons of travel mean my skin takes a beating.

I love a spa.... but for what feels like a spa day at home and when I'm out of a chlorinated or much-used swimming pool, these are my products!  And I love sharing them. So if you have someone who hasn't found their jam yet or you're in need of something soothing for your post-workout or travel bag, try it!! It's a special trial you can't beat!

(And? Smells amazing!)

# TRU ENERGY




I HAVE SHARED THIS WITH YOU FOR MORE THAN A YEAR NOW TRUE
ENERGY HAS BEEN MY GO-TO SKIN CARE SYSTEM AM AND PM SINCE EARLY SEPTEMBER 2023.

THE RESULTS I'VE EXPERIENCED INCLUDE:
AN OVERALL MORE GLOWING APPEARANCE
FEWER BREAKOUTS (THOUGH NOT ONE OF THE BENEFITS THEY SHARE)
REDUCTION OF PUFFINESS UNDER EYES
A MORE PRONOUNCED JAW LINE

NOW, I DO SKIN DIFFERENTLY THAN YOU MAYBE, BUT I DO ROTATE IN OTHER OPTIONS. I USE RODAN AND FEILDS WHEN I TRAVEL (THEY JUST SIT INSIDE MY TRAVEL BAG) UNLESS IT'S A LONG TRIP.

I THINK ROTATION ACTUALLY GIVS A PRODUCT MORE "LIFE" AND BENEFITS!
THIS IS A PRODUCT SET I LOVE LOVE. (SO DOES OUR COMMUNITY)

HAPPY GUT




# SPECIAL OPPORTUNITY:

**MY FRIEND, AND FLIPPING 50 FRIEND, DR VINCENT PEDRE,** HAS A UNIQUE KICKSTART PROJECT. YOU HAVE AN OPPORTUNITY TO SUPPORT IT! HE HAS UNTIL NOVEMBER 22 TO FULLY FUND HIS COFFEE PRODUCT SO WE CAN ENJOY OUR COFFEE AND HAVE A HAPPY GUT, TOO.

**THE PROBLEM WITH MOST COFFEE IS ...**

THE ACID EFFECT ON OUR GUT, IN WOMEN ALREADY COMPROMISED IN GUT MICROBIOME DUE TO HORMONE CHANGES.

A KICKSTARTER MEANS YOU'RE HELPING TO FUND THIS PROJECT. YOU GET THE PRODUCTS AS LONG AS DR PEDRE REACHES HIS GOAL. WE REALLY NEED MORE HEALTH-CONSCIOUS PRODUCTS! HE REALLY NEEDS YOUR HELP.

# 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 (watch for it)**

## 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 TOTAL FITNESS FORMULA

TOTAL FITNESS FORMULA FOR WOMEN Course & COACHING
Save $500 Now limited time offer.
5 total coaching sessions. 8 week course, 12-week strength training, 1 full year membership .
**flippingfifty.com/Totalfitness**

## 5 SAUNA

The benefits of infrared sauna are impressive. Improve cardiovascular health, recovery, reduce wrinkles, detox, boost immunity and fat burn.
**My Sauna**

## 6 BLISSMAS 12-DAYS

Give (or get) the gift or a strong (and soothing start) this holiday season. Cut out the "not til January BS" and do it now!
**Flippingfifty.com/blissmas**

# 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 RETREATS 2025

2025 is coming and we are so excited. We're on a mission... NOT to "tone up" or fall for some marketing using the word "functional" that is anything but. We would rather you train for experiences & memories.. so we're creating them!!
Phoenix.. UNPLUGGED
Boulder CO
Grand Canyon training plan
Moab UT
You get the training to prepare(its required!), each slightly different but all guaranteed for fun, midlife + beneficial, coaching, and you... inspiring you.
**https://flippingfifty.com/store**

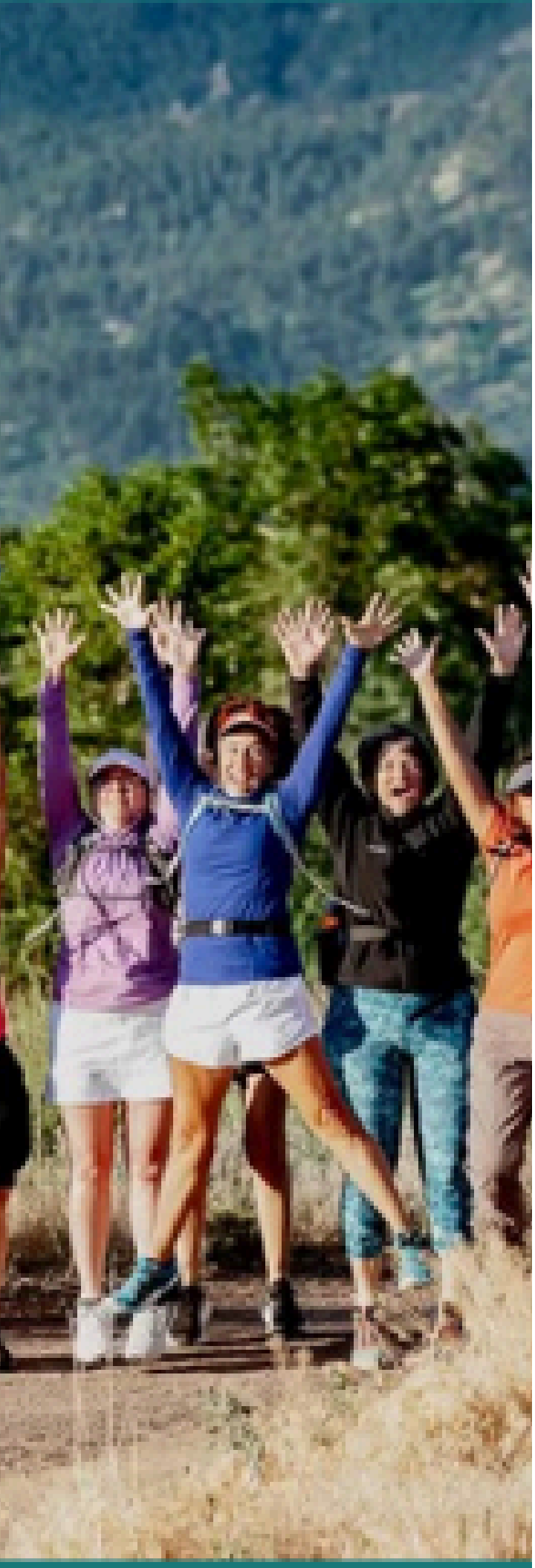
## 3 CGM

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.



FLIPPING 50

# RETREATS 2025

1. **PHOENIX** Feb 12-16 retreat more unplugged and away from it with special onsite lodging in cabins. Training begins Dec 9

2. **BOULDER CO** May 27 - June 2 in the epic beauty of trails and adventure in Boulder area. Almost booked. A few spots remain. Training begins 90 days in advance.

3. **GRAND CANYON training** This training & coaching plan prepares you for a Rim2Rim ready fitness Sept. Longer training for this challenging but doable way to experience the majestic GC. Th-Sat + private coaching

4. **MOAB UT** Oct in Moab is beautiful. Epic views, hikes, yoga and food in this amazing setting. You have time for this one, but if it's on your bucket list, do it now!

**HURRY - LIMITED SPACE PHOENIX & BOULDER.**

# GLUCOSE MONITOR




**Shareable data**

# LEARN:

# 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




### CERTIFYING SINCE 2018

**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!

# 2025 FLIPPING50 RETREATS

1

## FEB 12-16 PHOENIX



### ARIZONA FEB

Challenging 3 days of hiking, coaching for midlife & beyond better than ever. Includes **90 day training plan. lodging not included in any retreats.**

EARLY BIRD ENDS Dec 2 or FULL

black friday special!

2

## MAY 27-JUNE 2 IN CO



### COLORADO IN JUNE

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

EARLY BIRD Ends Dec 2

black friday special!

3

## TRAINING PLAN GC AZ

### GRAND CANYON R2R

Training plan plus private coaching. Ready for a big challenge and epic way to experience the GC? .

EARLY BIRD RATE NOW

4



## MOAB OCT 2025

# FEB AZ PRO OR GO



# M27-JU 2 IN CO



# GC AZ SEPT



# MOAB OCT



# MENOPAUSE FITNESS SPECIALIST




Combine the menopause health insights of the Flipping 50 Menopause Fitness Specialist with the business strategies of the Fitness Marketing Academy.
Gain the method and coaching techniques for solving menopause health problems and optimizing longevity.

Start, grow and scale your health business step-by-step.

10x your investment within 6 months by following the actions recommended in the training, guaranteed.

**Included:**
8 Module course
Coaching audio & transcripts
6 Monthly Business workshops (Jan 1-July 1)
3x Monthly Wellpros sessions for marketing, sales, coaching questions (6 mos)
Affiliate revenue with high commission
Coaching opportunities with Flipping 50

Bonus: onboarding business audit & vision
Bonus: How to 10x your business in 6 months masterclass
Bonus: December Free

Code: Giftguide for $1000 PIF off before Dec 2
**https://fitnessmarketingacademy.com/menopause-fitness-specialist/**

## VISION-ACTION







4 individual Business retreats follow each Flipping 50 retreat this year. Combine any retreat + stay for the business building for 25% off the bundle. You'll build a business model, craft messaging, take away epic photos for business use, and get coaching on coaching midlife women. 2.5 days of focus on you, your business, and your idea of success. Branding, messaging, and your unique value.

## PROS RETREATS

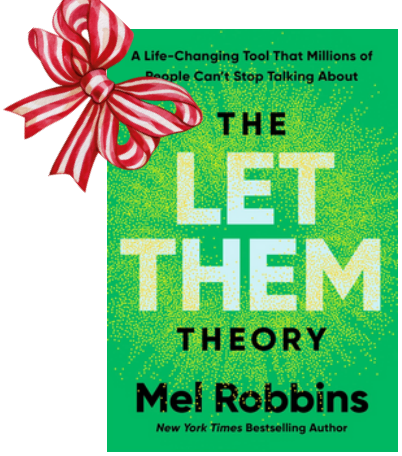




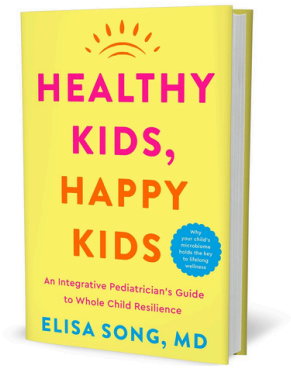


Coaching fitness and health pros whether this is a new start up, part time side hustle, or you've got goals for 6 and 7 figure income streams, is one of my favorite things. Women need you now and if you're feeling called to do this, now is the time. Pro retreats include movement AND business.

# MY BOOK PICKS



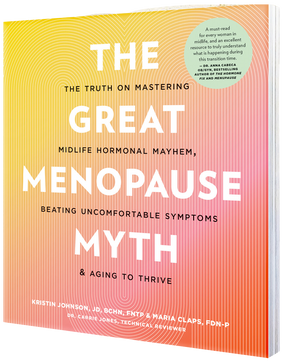

## 1 GOT KIDS OR WANT THEM




### ELISA SONG M.D.

A modern day best book for want-to-be or current parents

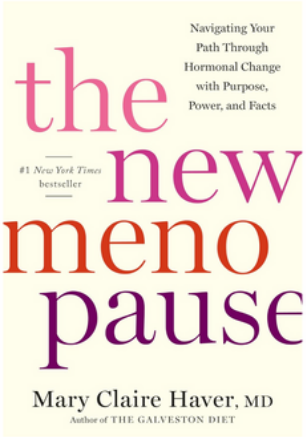
## 2 ALL THE LADIES




### MARIA CLAPS & KRISTIN JOHNSON

An insigthful read about the contemporary facts of life for midlife women.

## 3 TRAINING PLAN GC AZ




### MARY CLAIRE HAVER, MD

The western medical system let this doctor down, so now she's opening up about it.

**PRE-ORDER 1 or 4 for all year!**

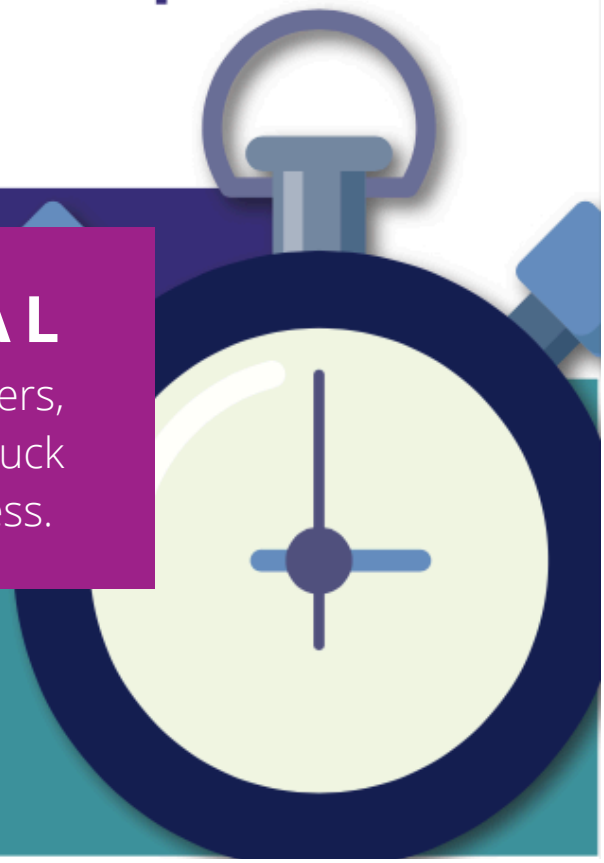
**great gift!**

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.

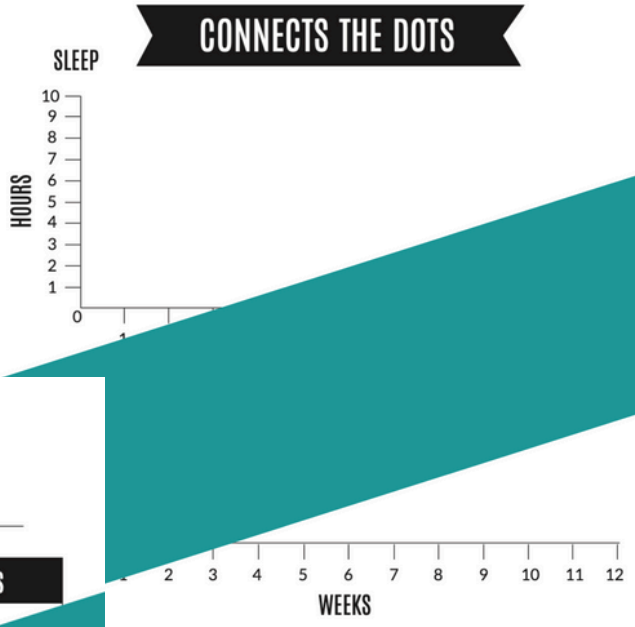
## How to set a hydration goal

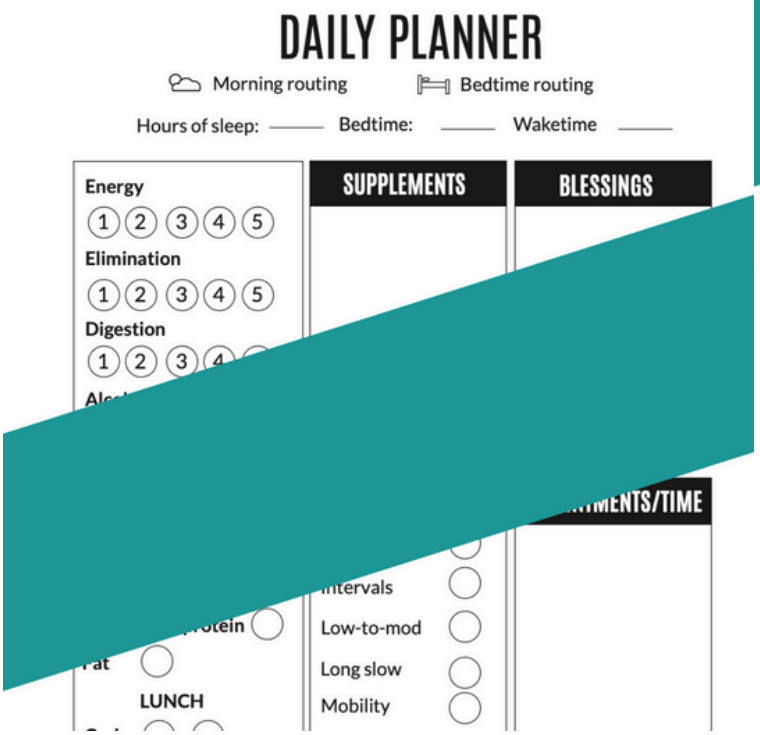
The general guideline for optimal hydration is ½ your body we
of us that would be way too much (and not healthy
close the gap between where you are

Track your aver
you

ystem

Read labels and Google as needed. Don't
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. Incr




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 2024.

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