

## 3 Action Steps: Reducing And Slimming



Transition from "bulking" type exercises and workouts - move toward non-weighted, non-machine exercises and workouts for toning & strengthening.



Track calories to determine baseline - then implement calorie management techniques to bring daily calorie intake lower than previous. Often - women don't realize how high their daily calories are until they track them closely for 5-7 days.



Make cardio a 4-6 time per week activity. 30 - 40 minutes (more is ok). And it can be any type of cardio activity which makes you break a sweat. And it can be different every time.