

# Midlife fat loss doesn't need to be complicated. It needs to be structured.

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I coach women 50+ to lose body fat and keep it off, build strength, and follow a clear plan that removes the guesswork.

## Who I work with

I work with women in midlife who are stuck in the "eat less, move more" cycle -and it's no longer working.

They've cut calories, added cardio, pushed harder - and their body stopped responding.

They don't need another extreme plan.

They need structure. Clarity. Consistency.

## My approach

Midlife changes how fat loss works - muscle, recovery, and consistency matter more.

Trying harder doesn't fix it. Better structure does.

Structured nutrition. Strength training. Real timelines. Measurable progress.

No extremes.

## What working together looks like

A plan built around you - not a template.

Clear targets. Real numbers. Ongoing adjustments.

Accountability without shame.

## Next Step

If this resonates, send me a DM. We'll talk through what makes sense for you -no pressure, no hype. Just clarity.