



The 7-Minute Morning Reset

This is where your body stops waking up in stress

**7 minutes.
Every morning.
Start tomorrow.**

THE PROBLEM

If you wake up flat... and end the day bloated.

This isn't random

It's a pattern

And once you see it ,you can change it

Your digestion

Your energy.

Your body doesn't run on willpower

It follows signals

If your body wakes up in stress

it stays in stress.

That's why you feel off all day

This **reset** doesn't push your body

It helps it feel safe again.

WHAT YOU'LL START TO NOTICE

- Less heaviness after meals
- Morning flatness that lasts longer
- More stable afternoon energy
- A calmer, more predictable body

*This is how you **START helping your body wake up calmer.** But this is only the first layer.*

THE 7-MOVE PROTOCOL

Move for one minute each. No reps. No perfection. Just rhythm..

You cannot do this wrong. You can only skip it.

1. Lymphatic Hops

The Move: Soft knees, gentle rhythmic bouncing without the toes leaving the floor (or full hops if you feel strong). Let your arms hang heavy.

2. Spinal Body Waves

The Move: Soften your knees and imagine a wave traveling from your tailbone up to your neck. Fluid, rolling movement.

3. Flowing Arm Swings

The Move: Swing arms forward and back, or side to side, letting the momentum do the work.

4. The Internal Massage (Trunk Twists).

The Move: Feet wide, gently swing your torso left to right. Let your arms "slap" gently against your lower back and stomach.

5. Dead Arms (Shoulder Release).

The Move: Shrug your shoulders high to your ears, then let them "drop" with a heavy sigh.

6. The Pivot (Golf Swings).

The Move: Rotate your whole body as if swinging a club, letting your back heel lift off the ground.

7. The Grounding March

The Move: Slow, intentional marching in place. High knees, swinging opposite arms.



THIS IS JUST THE START

IF YOU'RE ALREADY NOTICING EVEN A SMALL SHIFT

- less bloated
- less reaction

Then you're ready for the next step.
Because the real shift happens
when your whole week is structured properly.

A 7-day reset to help your body stop going:
flat in the morning » bloated by evening.

This is exactly what I've built into a simple, step-by-step plan:

[👉 The Midlife Body Reset](#)

SIMPLE. CLEAR. BUILT FOR YOUR BODY NOW.