

QUICK GUIDE TO BALANCING HORMONES & REBOOT YOUR METABOLISM NATURALLY

For Weight Loss After 40

This was me before...

This is me now!



*Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.

Hey, I'm TJ Hudspeth

If you've tried everything & still feel stuck, it's time for us to talk.

I'm not coaching a diet; I'm here to help real women get healthy and make lasting changes.

My Quick Guide to Balancing Hormones & Reboot Your Metabolism Naturally For Weight Loss After 40

Use this simple checklist to reset your body, boost your energy, and feel like yourself again—no calorie counting or crash diets required!

1. RESET YOUR DAILY RHYTHM

- Wake up and go to bed at the same time each day to support cortisol levels
- Aim for 7–9 hours of quality sleep (no screens 1 hour before bed!)
- Get 10 minutes of morning sunlight to help regulate your circadian rhythm

Weight Loss with TJ FOR WOMEN

2. FUEL YOUR BODY FOR HORMONAL BALANCE 🥗

- Eat protein with every meal to support muscle and metabolism
 - Add healthy fats (avocado, olive oil, nuts) to balance hormones
 - Focus on fiber-rich carbs (veggies, berries, legumes) to keep blood sugar steady
 - Avoid ultra-processed foods and artificial sweeteners—they mess with your gut and hormones
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3. HYDRATE LIKE IT'S YOUR JOB 💧

- Drink at least half your body weight in ounces of water daily
 - Add minerals (like a pinch of sea salt or electrolytes) to support thyroid and adrenal health
 - Skip sugary drinks and alcohol—they spike insulin and stress your liver
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4. MOVE SMARTER, NOT HARDER 🏃♀️

- Walk daily—aim for 7,000 to 10,000 steps
- Lift weights 2–3x a week to support metabolism and bone health
- Do gentle movement on rest days (yoga, stretching, walking)

5. LOWER STRESS TO LOSE WEIGHT 😊

- Do one thing a day that relaxes you (even 10 minutes counts!)
 - Practice deep breathing or box breathing (4-4-4-4 method)
 - Say “no” to things that drain you—you don’t need to do it all
 - Take magnesium at night to support calm and restful sleep
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6. SUPPORT YOUR MINDSET 🧠

- Stop obsessing over the scale—track inches, energy, and mood instead
 - Speak kindly to yourself (your body hears everything you say)
 - Remind yourself: consistency wins—not perfection
 - Surround yourself with support (coach, community, or accountability partner)
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7. CONSIDER NATURAL HELPERS - WITH YOUR DOC’S OK 🌿

- Ashwagandha for stress and cortisol
- Magnesium for sleep, metabolism, and mood
- Omega-3s for hormone production and inflammation
- Vitamin D (especially if you don’t get much sun)
- B-complex or adaptogens for energy and hormone support

WANT MORE SUPPORT? 💡

Let’s personalize this for you!

👉 Schedule a free discovery call with me today.



HI, I'M T.J.

(Social Media Links)



[@TJhealthcoaching.](#)



[@tj.hudspeth](#)



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[www.HudspethCoaching.com](#)

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LET'S CONNECT

I've been there...

As a woman who battled with weight most of my life, I understand the struggle.

In my mid-thirties, I successfully lost 110 lbs, transforming my life and becoming a personal trainer and a certified health coach. My journey led me to specialize in working with women, teaching them how to eat healthy and lose weight without rigid exercise routines and impossible diets.

Dedicated to helping women break free from unhealthy habits and food addictions, I offer a simple, structured plan for a sustainable, healthy lifestyle. With firsthand knowledge of what works, I can guide you towards long-term success in your weight loss journey. Let's embark together on a path to a healthier, happier you – living the life you've always dreamed of!

TJ Hudspeth