

BLOAT-FREE SUMMER

A 12-STEP GUIDE TO A HEALTHIER GUT AND FLATTER BELLY



HEY THERE!

If you're like so many people we talk to, you're tired of that frustrating feeling of bloating that seems to come out of nowhere. It can leave you wondering, “Why does this keep happening to me?”

We hear you! Nearly 1 in 7 Americans struggle with bloating every week (or even more!), according to Cedars Sinai Hospital. And when you’re in the thick of it, it’s hard to know exactly what might have caused it or what to do next.

“For several years, I knew that I wasn't the best version of myself. I was always tired. My clothes didn't fit. I wasn't setting a healthy example for my kids. What finally got me motivated to act was a quote that I read one day. It said, "Of course you would die for your kids, but would you get healthy and live for them?" I decided that I would.

A good friend had been telling me about Recoup and its programs for several months. She stressed that the people there are "real people" and that it is a very comfortable and supportive environment. She was 100% right!

I have been participating in the Personal Training program for 8 months and in the Life Nutrition program for 3 months. These two programs have been life-changing! The trainers and coaches are knowledgeable, supportive, down to earth, and they truly care. I am so happy I found Recoup and I am confident that I am on the path to be my best, healthy self!”
- Lindsey

And that's the thing—when you feel good in your body, it changes everything: your mood, your energy, and your entire outlook on life. It's amazing what a few simple changes can do.

So if you're tired of feeling stuck and want to finally take control of your bloating, this guide is for you.

Inside, you'll find:

- **Simple and practical tips you can implement right now to ease bloating**
- **Natural ways to support your digestive system and feel more comfortable**
- **Lifestyle changes that promote gut health (and total body health, too!)**





Committed to your success,

Stevie, Matt & Bo

Founders, Recoup Personal Training

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JUST A FEW OF OUR

HAPPY CLIENTS



A dedicated software engineer, took control of his health, reversed pre-diabetes, and regained his energy



ATTORNEY GAVE HERSELF THE PERMISSION TO CHOOSE AND INVEST IN HERSELF.

JUSTIN

“2024 started as a rough year, I was gaining weight and close to morbidly obese. Around September went to the doctor and was diagnosed with pre diabetes and fatty liver. I have tried going to the gym by myself and realized that didn’t work for me. I needed a personal trainer and nutrition specialist so I tried recoup. It has been a great experience and my health has had a massive turnaround. A1C is down and I don’t get back pain anymore. Everyone is nice and super encouraging. 10 outa 10, would recommend.”

DEBBYE

“It has never been about a number on a scale or inches lost for me, and while those tangible results are great and celebrated, it is the freedom and confidence in choosing meals that fuel my body, and understanding how proper nutrition can impact every part of my life that is the real victory.

The entire team has my endless thanks for helping me remember who me really is."



THE DIFFERENCE BETWEEN BELLY BLOAT & BELLY FAT

Before we dive into the 12 strategies, we need to clear something up:

Belly fat and belly bloat are not the same thing.
And if you've been trying to fix bloat with fat-loss strategies—or vice versa—it's no wonder you're frustrated.

Belly fat is stored body fat. It builds up over time and sticks around until you address it with consistent nutrition, strength training, and lifestyle changes.

Belly bloat, on the other hand, is temporary. It can show up within hours—thanks to hormones, stress, digestion, or even how you ate a meal. It makes your stomach feel puffy, swollen, or uncomfortably tight, even if your actual body fat hasn't changed at all.

→ **In this guide, we're focusing on bloating—why it's happening and exactly what to do about it so you can feel lighter, more comfortable, and confident again.**



12+ PROVEN WAYS TO BANISH BLOATING & BOOST GUT HEALTH

1 STAY HYDRATED

Staying hydrated is one of the simplest but most overlooked ways to reduce bloating—especially for women over 35. When you don't drink enough water, your body actually holds on to it, leading to that puffy, swollen feeling.

Hydration also keeps your digestion moving smoothly. Without it, everything slows down, making bloating and constipation more likely. Drinking enough water helps flush out excess sodium too, which is key during the summer when salty snacks, travel, and heat can all make bloating worse.

A lot of women think drinking too much water will make them more bloated, but it's usually the opposite—most aren't drinking enough. A good daily target is around 80–100 ounces, and if you're sweating or exercising regularly, you may need even more.

2 EAT SLOWLY & MINDFULLY

One of the most underrated ways to fight bloating? Slow. Down. When. You. Eat.

Eating too quickly—or while distracted—can lead to swallowing excess air, poor digestion, and that tight, overstuffed feeling (even if you didn't eat a huge meal).

As we age, digestion naturally slows a bit, and stress makes it worse. That's why mindful eating matters more than ever in your 30s, 40s, and beyond. Sit down, take a few breaths, and chew your food thoroughly.

Avoid eating while standing, scrolling, or rushing between tasks. When you're present during meals, your body actually digests better, you feel full sooner, and you're less likely to overeat or end up bloated 20 minutes later. It's not just about what you eat—it's also how you eat.





3 STAY ACTIVE

Movement is one of the most effective tools to reduce bloating —and it doesn't have to mean crushing a workout every day. Gentle movement like walking helps stimulate digestion, reduce water retention, and calm stress (which directly impacts bloating). In the summer, staying active also helps offset extra salt, travel meals, and longer

Just 10–15 minutes after a meal can make a noticeable difference. On the other hand, strength training supports long-term gut and hormone health by building muscle, improving insulin sensitivity, and keeping your metabolism strong.

The sweet spot? Combine both. Walk daily, even if it's short and broken up, and aim to lift weights 2–4 times a week. Your body will thank you with better digestion, less puffiness, and a tighter, more resilient midsection over time.

4 INCREASE FIBER INTAKE

Fiber is one of the most powerful tools to fight bloating, but women—especially over 35—aren't getting enough.

Aim for **25–30 grams per day** from a mix of soluble (oats, chia seeds, apples) and insoluble (leafy greens, whole grains, veggies) fiber.

Soluble fiber slows digestion and balances blood sugar, while insoluble fiber keeps things moving through your system.

If you're not used to eating much fiber, increase it gradually and drink plenty of water. Adding too much too fast (without enough fluid) can actually make bloating worse.

Here's what a fiber-rich day could include:

- Oatmeal with chia seeds
- A big salad with leafy greens and veggies
- Lentils or quinoa at lunch or dinner
- Fruit like apples or raspberries as a snack

Start small, aim for fiber with most meals, and your gut will start working with you—not against you.





5 EAT MORE POTASSIUM-RICH FOODS

Potassium plays a crucial role in managing bloating—especially the kind caused by water retention. It works by balancing out sodium levels in the body. When your sodium is high (from processed foods, salty meals, or PMS-related cravings), your body holds onto water, making you feel puffy, swollen, and bloated.

That's where potassium comes in. It helps your body release excess fluid, supports muscle and nerve function, and keeps digestion running smoothly. For women 35+, it's especially helpful during hormone-related bloating and cycle-related water retention.

Some easy, potassium-rich foods to include:

- Bananas
- Avocados
- Spinach
- Sweet potatoes
- White beans
- Salmon
- Beets

Most women need about 2,500–3,000mg of potassium daily, and increasing your intake through whole foods can make a noticeable difference in how light, lean, and less bloated you feel—without needing to take supplements.

Try adding a banana with breakfast, avocado on toast or salads, and leafy greens at lunch or dinner to naturally boost your intake and support a flatter, less inflamed belly.

6 EAT SMALLER PORTIONS

You don't need tiny meals—but oversized portions can overwhelm your digestive system, especially as metabolism and digestion naturally slow with age.

Eating until you're stuffed stretches the stomach, delays digestion, and leaves you feeling heavy and bloated. Try eating to about 80% full, and give your body time to register fullness before going back for more.

Smaller, balanced meals spaced throughout the day can help reduce bloating, improve energy, and keep your gut happier overall.

7 STAY UPRIGHT AFTER EATING

Avoid lying down or slouching after meals—it slows digestion and makes bloating worse. Staying upright for at least 20–30 minutes gives your body a better chance to process food without trapping gas or causing reflux.

This is also why, in Step 3, we talked about adding a short post- meal walk. Even light movement can make a big difference in how you feel after eating—especially as digestion naturally slows with age.





8 MANAGE STRESS

Stress doesn't just mess with your mood—it messes with your digestion too. When you're constantly in "go mode," your body diverts energy away from digestion, which can lead to bloating, gas, and that heavy, stuck feeling.

Elevated cortisol (your main stress hormone) can also increase water retention.

You don't need a 60-minute meditation routine—but small things help. A few minutes of deep breathing, journaling, stepping outside, or simply doing one thing at a time can bring your nervous system out of survival mode. The calmer your system, the smoother your digestion—and the flatter your belly.

9 DON'T OVERDO CRUCIFEROUS VEGGIES

Broccoli, cauliflower, cabbage, Brussels sprouts, and kale are super healthy—but they're also common bloat culprits. These cruciferous veggies contain carbs that ferment in the gut and produce gas, especially when eaten raw or in large amounts.

For women over 35, slower digestion and hormone shifts can make this worse. The fix? Cook them (steam or roast), eat smaller portions, and don't overload your plate with them all at once. You'll still get the benefits—without the belly drama.

10 REDUCE ALCOHOL INTAKE

Alcohol may feel like a quick way to relax, but it can do a number on your gut. It irritates the digestive tract, increases inflammation, and can slow down digestion—all of which contribute to bloating.

It also dehydrates you, which sounds like the opposite of bloating, but it actually leads to water retention as your body tries to hold on to fluids. In the summer, this effect can be even more noticeable—since you're already more likely to be dehydrated from heat, travel, or sweating.

For women over 35, alcohol can hit harder due to changing hormone levels and slower liver metabolism.

This makes your body more sensitive to its effects—including the digestive discomfort, puffiness, and sleep disruption it causes (which further impacts bloat).

You don't have to quit drinking entirely, but cutting back— especially around your cycle or on nights before you want to feel your best—can make a big difference in how flat and comfortable your belly feels.





11 GET ENOUGH SLEEP

Poor sleep doesn't just leave you tired—it throws your whole system off, including digestion. When you're sleep-deprived, cortisol (your stress hormone) rises, which can lead to water retention, inflammation, and slowed digestion—all of which make bloating worse.

Lack of sleep also disrupts the hormones that control hunger and fullness, making you more likely to overeat or crave salty, high- carb foods that add to bloating.

Women over 35 are especially sensitive to this, since hormone fluctuations can already affect sleep quality.

Aim for 7–9 hours of sleep per night, and try to keep a consistent bedtime. Even small improvements in your sleep routine can help your belly feel flatter, your digestion smoother, and your energy higher the next day.



12 DO SOME DETECTIVE WORK

Keep a journal and look for patterns to uncover what triggers bloating and digestive issues for you. Look out for common culprits, like:

High-FODMAP Foods
Foods high in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAPs) can cause digestive discomfort and bloating for some people. These short-chain carbohydrates are found in certain fruits, vegetables, dairy, and wheat products. If you notice bloating after eating these foods, try reducing them to see if it makes a difference.

Artificial Sweeteners
Sugar alcohols like sorbitol and xylitol, often found in sugar-free products, can cause bloating and gas. If you're consuming a lot of these, consider cutting back to see if your symptoms improve.

Dairy
Many people experience bloating or other digestive issues after consuming dairy products. If this sounds like you, try lactose-free options or dairy alternatives like almond milk, oat milk, or lactose-free yogurt.

Carbonated Beverages
Fizzy drinks like soda, sparkling water, and other carbonated beverages can trap gas in your digestive system, leading to bloating and discomfort. Try switching to still water or herbal teas to see if it helps.

High-Sodium Foods
Salty foods can lead to water retention and make you feel bloated. Keep an eye on your salt intake, especially if you're eating a lot of processed foods. Opt for fresh, whole foods and use herbs and spices for flavor instead.

Consider working with a health coach or nutritionist to develop a plan to eliminate or reduce these foods from your diet.

Pro Tip: Remember, everyone's body is unique. What causes bloating for one person might not affect another. Pay attention to your own body's signals and adjust accordingly!



HERE ARE YOUR NEXT STEPS

You made it to the end of your Bloat-Free Summer Guide—let's go!

Taking action like this is exactly how you stop just dealing with the bloat and actually start feeling good again...

The next (& MOST IMPORTANT) step is figuring out a complete plan that works for you—one that balances not just your nutrition, but also your workouts, your habits, and everything in between to help you not only debloat, but also lose fat & build lean muscle!

Bloating is usually just one piece of the puzzle. What really gets results is having a full plan that covers food, workouts, habits, and life. Imagine knowing exactly what to do— and finally having it all make sense for your body and your schedule.



From an exhausted full time working mom to healthy, confident, and strong



You'd have a clear, actionable path to follow, making it so much SIMPLER to not only feel comfortable in a swimsuit or whatever clothes you WANT to wear but most importantly- Learn how to MAINTAIN IT!

IT'S YOUR TURN

TO GET RESULTS LIKE THIS

At Recoup, our mission is to help high achieving individuals feel fit, healthy and strong – and have fun every step of the way!

If you're ready to commit to a serious transformation, to feel confident in your own skin, boost energy, and perform at your peak every day - this is your moment. Our proven system has already empowered hundreds of high-achieving clients to completely redefine their bodies and lives through a simple yet powerful approach to nutrition.

THE RENEW YOU PROGRAM

Join our infamous RENEW YOU program that is designed specifically for high-achieving professionals who want to start get in their best shape but feel constrained by time and other commitments.

START BY BOOKING YOUR FREE DISCOVERY CALL HERE

Life is too short to be spent feeling out of shape, stuck, and not fully satisfied with yourself.



Jennifer D.

Lost 26 lbs, 11% body fat, and 7.5 inches in her waist

"What a difference proper nutrition and exercise will have on the body. Never did I think I'd change the way I eat or exercise on a daily basis. I still eat the foods I love, just in a modified version."

