



Masterclass

**Achieve a Caloric
Deficit for Fat
Loss Without
Losing Muscle**

Introduction

Are you struggling to keep your weight down after hitting 40? You have tried various restrictive diets with no good results, feeling frustrated, sluggish, and tired...

Does this sound familiar?

A body fat percentage of 30% or higher is greatly associated with an increased risk of chronic health conditions. In addition, studies show that excess body fat can exacerbate menopausal symptoms including weight gain, hot flashes, and night sweats.

The good news is that you can start working on your body composition NOW to help prevent symptoms associated with the hormonal changes.

In this masterclass, I will guide you to the right steps in your weight loss journey by helping you to shift your mindset and develop a sustainable nutrition plan that will help you become the best version of yourself regardless of age.

By the end of the class, you will be equipped with the best steps and knowledge to feeling more energized and motivated, maintaining peace with food, and getting back into shape effectively.

What we will cover during the masterclass....



Step 1: Mindset Shift

Your mindset shift will be important in preparing for your weight loss journey before and during hormonal changes, and it will be the first thing we discuss.

Step 2: Fat Loss Basics

Keeping a body fat percentage within an ideal range is critical regardless of age. We will go over fat loss basics and how to efficiently increase your metabolism.

Step 3: Your Hormones

Hormonal imbalances during perimenopause and menopause can affect your metabolism negatively. We will review how to balance hormones through nutrition.

Step 4: Your Nutrient Needs

Nutritional needs during the menopausal transition change, which can prevent weight loss. We will go over key nutrients and specifically determine your nutrient needs.

Step 5: Put it Into Practice!

During this final step, we will go over practical tips and meal prep ideas that will keep you engaged and motivated.

How Can You Sign Up for the Masterclass?

How to sign up:

Check out availability of spots
[here](#)

Enrollment frequency:

Monthly

Number of participants:

10 participants/month

Duration:

90 minute + Q&A Session

Location:

Virtual class

Price:

\$55

Questions?

Contact info@fortylovenutrition.com