Weight Stuck After 40? The Real Reason It Won’t Budge Transcript

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Introduction and weight gain after 40

Tips for why we see weight gain over the Tips for why we see weight gain over the age of 40. If your weight is creeping age of 40. If your weight is creeping up, people think I'm doing something up, people think I'm doing something wrong. Your body is just reacting to a wrong. Your body is just reacting to a few patterns that are common for busy few patterns that are common for busy women. Let's fix those patterns and not women. Let's fix those patterns and not blame you. I'm Linda Wadu, holistic blame you. I'm Linda Wadu, holistic coach and diabetes care specialist. I coach and diabetes care specialist. I help women over 40 to lose weight, help women over 40 to lose weight, balance their blood sugars, and have balance their blood sugars, and have energy again. You know, we think about energy again. You know, we think about weight gain and the age of 40 and you're weight gain and the age of 40 and you're like, "Oh, what is occurring?" You often like, "Oh, what is occurring?" You often think it's one thing, just that one think it's one thing, just that one thing. And I'm here to tell you, no, thing.

Blood sugar swings and balanced breakfast

And I'm here to tell you, no, it's a combination of actually three it's a combination of actually three things going on on a daily basis. The things going on on a daily basis. The first one is that your blood sugars are first one is that your blood sugars are swinging. And you're thinking about, swinging. And you're thinking about, well, swinging may be I'm down one well, swinging may be I'm down one moment and then I'm up. This looks like moment and then I'm up. This looks like for many women, the breakfast meals for many women, the breakfast meals either they're skipped or if you do eat either they're skipped or if you do eat it, it's not balanced and there's many it, it's not balanced and there's many hours before you eat again. And then hours before you eat again. And then before you know it, the hunger kicks in.

before you know it, the hunger kicks in. And that's usually much later in the day And that's usually much later in the day and then your cravings and you're like, and then your cravings and you're like, "Oh, what is going on?" Then what we see "Oh, what is going on?" Then what we see happening is happening is that evenings you can't even get a grip that evenings you can't even get a grip on it. It becomes a runaway for you. So on it. It becomes a runaway for you. So here's a simple fix. Why not try to have here's a simple fix. Why not try to have some protein and veggies for breakfast?

some protein and veggies for breakfast? Why not try either egg or tofu and Why not try either egg or tofu and veggies or a Greek yogurt and some chia veggies or a Greek yogurt and some chia seeds? It's a matter of just balancing seeds? It's a matter of just balancing up that breakfast meal some so that you up that breakfast meal some so that you can be satisfied because listen, a can be satisfied because listen, a balanced breakfast helps you to have a balanced breakfast helps you to have a balanced day. And so when you don't have balanced day. And so when you don't have that balance go on, you're finding that balance go on, you're finding yourself, oh my god, what's going what's yourself, oh my god, what's going what's happening here? The second one that we happening here?

Evening cravings and kitchen cutoff

The second one that we see happening is see happening is evenings are what's the word I can evenings are what's the word I can describe? describe? describe?

I want to dig more into that evenings I want to dig more into that evenings because I feel that most women do fairly because I feel that most women do fairly well throughout the day, but between well throughout the day, but between seven and 10 it's all over. And that's seven and 10 it's all over. And that's where I hear a lot of I think I lack where I hear a lot of I think I lack willpower. No, has nothing to do with willpower. No, has nothing to do with willpower at this moment. It's all about willpower at this moment. It's all about fatigue. It's about stress and it's fatigue. It's about stress and it's about your habits. So, let's find a way about your habits. So, let's find a way to let's

see, to let's see, close the kitchen. Say, "Hey, the close the kitchen. Say, "Hey, the kitchen is closed. You're not going to kitchen is closed. You're not going to eat past 6:00." But I know a lot of my eat past 6:00." But I know a lot of my busy busy women, you don't even get home busy busy women, you don't even get home until 6. So, you might have to be more until 6. So, you might have to be more realistic to your time. It may be I will realistic to your time. It may be I will not eat um from my kitchen after 7:30.

not eat um from my kitchen after 7:30. So look at your schedule. Know when you So look at your schedule. Know when you get home you have time to eat. You have get home you have time to eat. You have time to take a deep breath and then you time to take a deep breath and then you have a time to say kitchen is closed.

have a time to say kitchen is closed. Everyone is totally different in that Everyone is totally different in that respect. It also may be I need to drink respect. It also may be I need to drink some water. Um I may need to uh make some water. Um I may need to uh make sure that I'm you know with my water sure that I'm you know with my water I've been hydrating throughout the day.

I've been hydrating throughout the day.

Stress, sleep, and resetting habits

After the kitchen is closed, go for a After the kitchen is closed, go for a light walk. light walk. You may want to u move the body for like You may want to u move the body for like 10 or 15 minutes. Or you may say, you 10 or 15 minutes. Or you may say, you know what I need to do? I may need to know what I need to do? I may need to just brush my teeth, change the taste just brush my teeth, change the taste that's in my mouth so that if the that's in my mouth so that if the cravings come, I'm like, not really cravings come, I'm like, not really interested. If it was for a snack, it interested. If it was for a snack, it could be a Greek yogurt. It could be could be a Greek yogurt. It could be like a bald egg or um cottage cheese. It like a bald egg or um cottage cheese. It may be something that you can have that may be something that you can have that will just settle you down or a little will just settle you down or a little bit of nuts, you know, a little bit of bit of nuts, you know, a little bit of nuts. I say two or three handfuls, a nuts. I say two or three handfuls, a little bit something to just, you know, little bit something to just, you know, calm the craving. But the most important calm the craving. But the most important part is you pre pre-planning that that part is you pre pre-planning that that craving time. If it happens, let me craving time. If it happens, let me pre-plan what I might have. But I'm pre-plan what I might have. But I'm guaranteeing you the cravings will go guaranteeing you the cravings will go down once you start changing what your down once you start changing what your day looks like. Period. The third is day looks like. Period. The third is stress and sleep are block are blocking stress and sleep are block are blocking your fat loss. Yeah, you heard me say your fat loss. Yeah, you heard me say that. So, think about this. When your that. So, think about this. When your stress is high, you are tending to munch stress is high, you are tending to munch more than you should. When your sleep is more than you should. When your sleep is low, your body can't regulate your um low, your body can't regulate your um your chemicals in the body like they your chemicals in the body like they should. And what tends to happen if your should. And what tends to happen if your body's not regulated like it should.

body's not regulated like it should. Remember being off balanced? Well, your Remember being off balanced? Well, your body's off. It's harder to you for you body's off. It's harder to you for you to um to feel satisfied.

to um to feel satisfied. Your your body wants to crave more Your your body wants to crave more foods. Your um sense of staying in foods. Your um sense of staying in control and managing your energy and control and managing your energy and your flow throughout the day tends to be your flow throughout the day tends to be off. So one tip is I like folks to just off. So one tip is I like folks to just some moments to just reset.

some moments to just reset. For others it may be just going for a For others it may be just going for a light walk to just reset. So that slow light walk to just reset. So that slow breathing may help you, you know, take breathing may help you, you know, take those shoulders down because you know those shoulders down because you know you've had a very intense busy day and you've had a very intense busy day and then just plan for to the next day. So, then just plan for to the next day. So, I've talked about balancing your meals, I've talked about balancing your meals, recognizing that evenings can feel like recognizing that evenings can feel like a runaway train, especially

after 7 p.m.

a runaway train, especially after 7 p.m. And what you can do to if it is feeling And what you can do to if it is feeling like an um a runaway train, what can you like an um a runaway train, what can you actually do? All right, drink some actually do? All right, drink some water. All right, close the kitchen. Put water. All right, close the kitchen. Put a t time stop um stamp on that kitchen a t time stop um stamp on that kitchen time. And then we talk about just time. And then we talk about just resetting, getting the stress down, resetting, getting the stress down, getting the sleep up. Well, I'm really getting the sleep up. Well, I'm really glad you're here. My goal is to just glad you're here. My goal is to just give a little bit of tips. If this give a little bit of tips. If this resonated with you, put in the chat, resonated with you, put in the chat, wait, and then write what time of day is wait, and then write what time of day is it feeling like it feeling like it's out of control for you? Is it it's out of control for you? Is it breakfast, lunch, dinner? I can't wait breakfast, lunch, dinner? I can't wait to see. There'll be some information in to see. There'll be some information in the chat. I'm Linda. Can't wait to see the chat. I'm Linda. Can't wait to see you.