

JUST FOR YOU

# *Slim Secrets*

nutrition + exercise

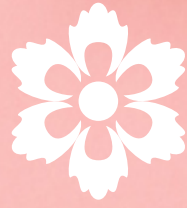


Natalie Rose



NATURAL SOLUTIONS

# *Slim Secrets*



Eating well  
is a form of  
self-respect

Welcome & Enjoy!

I am Natalie Rose and I'm a personal trainer and online women's nutritionist specialising in natural solutions to weight management and wellbeing.

I look forward to sharing the natural botanical solutions to contouring your body, with magical self care rituals and sculpting workouts to shape and tone your body strong.

Come join my team with online resources to learn more about contouring your body shape with the power of food, fitness and flowers. Hopefully you enjoy the smart tips and secrets that get real results and remember we are here to help, If you have any questions please feel free to [contact me](#).

Health & Happiness!

Natalie

by Natalie Rose

FOOD | FITNESS | FLOWERS



## BOTANICAL

Discover how essential oils can transform the way you manage your health. These natural chemical compounds are life changing.

YOUR BODY WILL THANK YOU.

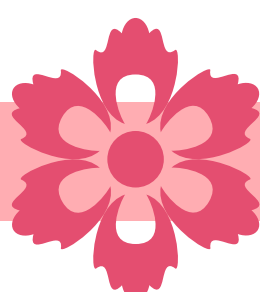
## FITNESS

Yes, we all have different bodies, issues, and physical needs, but a healthy lifestyle can often help any person feel better—especially when consistent exercise and healthy eating is employed.



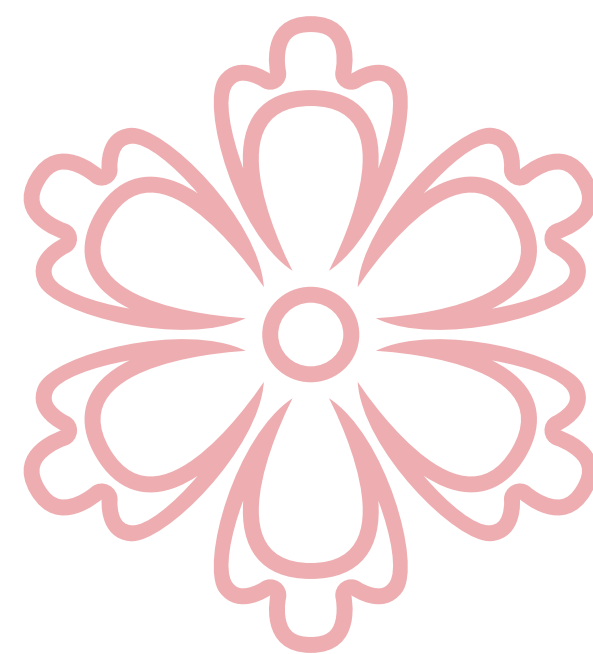
## NOURISH

Give your body what it needs and it will thrive. This starts with great nutrition, green whole-foods are an ideal companion with a blend of pure essential oils.

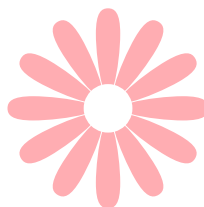


**BOTANICAL**

*slim secrets*



## **Natural Botanical Supplements**



Pure essential oils can help with things like relaxation and sleep, beautifying the skin and hair, creating a soothing massage, repelling insects naturally, cleansing surfaces around the home—and so on. Because cooking, eating, and drinking are such a part of our everyday lives, it is no surprise that essential oils are also useful in the kitchen.

With so many options for spices, seasonings, and extracts on the market that can help enhance our food, you might be wondering, “Why should I cook with essential oils?” While cooking methods often depend on diet and personal preferences, there are several benefits to using essential oils in cooking. As wellness is the foundation of healthy weight management, energy balance and healing the body on a cellular level.

Enjoy the easy access to plant-based supplements with a wide range of wellness products. We start our healthy living journey from the inside, so it makes sense to provide the body with essential nutrients.

With global impacts on food production today, our fresh produce and protein sources lack key essential nutrients. Quality nutrition is obtainable through additional supplements!



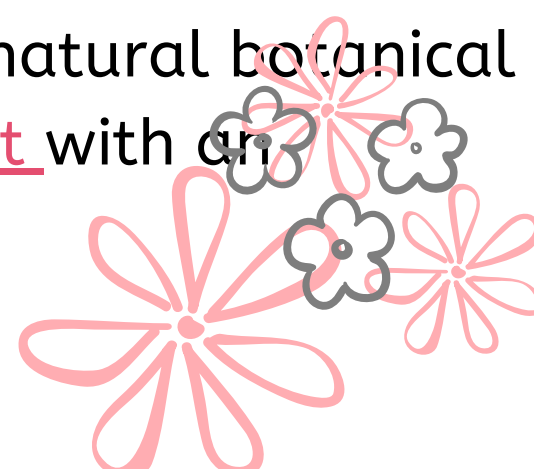
dōTERRA LIFELONG VITALITY PACK®

Maximize your daily nutrient intake with dōTERRA Lifelong Vitality Pack®, a trio of power-packed supplements to fuel and support your body. Food is energy that impacts our mindset (intellect) and emotional patterns that shape our bodies. Crucial whole-foods, micronutrients, and cellular support.\* are found in the Lifelong Vitality Pack; the botanical supplements are an essential daily ritual for health and wellness.

**Become a Doterra Wellness Advocate to purchase your natural botanical supplements, receive your own online wholesale account with our loyalty rewards program !**



by Natalie Rose



FOOD | FITNESS | FLOWERS



## NOURISH

# *Slim Secrets*



## NUTRITION OVERVIEW

- Upon waking - Lemon Water or Coconut Water
- AM - Protein & fresh Fruit
- Midday - Rainbow Salad or mixed Veggie Bowl
- PM - Protein, Greens And Berries
  
- Macro Planner - 1200 to 1500 calories per day + 1- 2 Litres Water
- Balance is key to macro counting 50-60grams Fat + Protein Body Weight in (Kg) + plus Green Carbohydrates to complete your total meal macro plan.
- ONE Weekly Meal - Eat One Meal per week that is NOT ON the list that may include a slice of Cake or a Wine or two!!
- Water Tonics - Add lemon or essential oils to boost your nutrition and hydration.

## EATING GREEN

### 01

#### HYDRATE!

2-3 litres water, herbal tea or coconut water.

Organic stevia to sweeten, and 1-4 standards Coffees.

### 02

#### PROTEIN!

Farm, Sea-water and or Plant e.g., Beef, pork, lamb, white fish, Pea & Rice protein powder supplement.

### 03

#### OMEGA 3&6!

Grass fed butter/dairy, nuts, seeds, coconut oils and products, avocado, almond butter, salmon, olives, eggs and chia seeds.

### 04

#### GREEN CARBOHYDRATES!

Plant foods: Green - Red - Blue e.g., apples, berries, oranges, celery, lettuce, onion, mushroom, capsicum, tomato, cauliflower, broccoli, sprouts, green beans and peas, cabbage... any green & colourful veggies.

## FITNESS

# Slim Secrets



### Over Training signs

Flu-like symptoms  
Lack of motivation  
Weight (fat) gain

### Under Training Signs

Weak and sore muscles  
Tiredness  
Weight (fat) gain



Many people are over or under training for their goals and lose motivation in training. Finding the balance creates energy, boosts your mood, clears the mind and reducing stress on the mind and body.

Selecting a workout is personal. It must be achievable, within your prices range and suit any kinds of weather conditions. When you choose a workout you enjoy you're more likely to stick with it long-term!

## fat burning or fitness

### Working-out in the fat-burning zone!

- Target heart rate is around 130-150 BPM
- Interval training
- Cross-training
- Increasing intensity weekly
- Include compound and stability exercises
- Renew your program every 8-12 weeks

### Training myths

- Weight training will make me bulky

*Truth:* Genetic factors and training styles shape muscle tone.

- Skipping a session or even a week will result in muscle loss.

*Truth:* Recovery is essential to build lean muscle mass and prevent injury.

- Stretching will decrease muscle.

*Truth:* Increased flexibility can improve workout performance and reduce injury.

- Train before a meal, try eating an hour prior.

*Truth:* Training without food may decrease strength gains.

TRAIN WITH NATALIE

# Nutrition & Exercise!



**ARE YOU READY TO  
GET IN THE BEST SHAPE OF YOUR LIFE ?**

Select Your Program Today  
You are capable of amazing things!

*Lets\_Get\_Started\_!*

**who does my  
body challenge suit?**

- If you would like to learn how to eat well.
- If you are feeling unmotivated with your current results.
- If you're getting back into your fitness or need to spice things up.
- If you're a busy lady and want to stay in shape all year round.

Women's bodies change and its never too late to start taking care of your greatest asset, YOUR BODY!

Be the best vision of You

*Learn More*



**BRINGING SEXY BACK**