

 Anna's Avatar - CONTEXT - This is LinkedIn content for a health coach I'm doing some testimonial work for. This is written in her voice and aims to build up her LinkedIn brand through authority, advice and a sense of personality. Feedback would be appreciated.

Day 4

Calling out busy mums!

If you're looking to improve your health but don't know where to start then this is for you.

It's difficult to begin improving your health with such little "me time" to spare.

You've been looking after the kids, going to work AND trying to take some time to relax.

So it can feel like there's no time for investing in your health.

And this is a common theme my clients share with me in their goals to slim down and tone up.

Where they never felt like there was a clear strategy for them to stick to for weight loss.

They had tried everything.

- Buying weight loss plans that were far too restrictive
- Attempting exercise routines that felt far too intense to stick to
- Lacking the time to stick to the "recommended fitness routines"

But through my hands-on, personalised approach, I've helped satisfy hundreds of busy moms like you.

Looking to take action against your health TODAY?

Let's see how you can get your health back in check 🙌

[<Discovery call Link>](#)

Day 5

Is life moving too fast for you to have a healthy lifestyle?

If so, then here are 3 healthy habits you need to start today.

1. Stick to an exercise routine

Most people look at exercise routines as:

"High intensity exercise 7 days a week" type of training.

However if you're lacking time and you want to improve your health.

Then performing lower intensity exercises that take less time and energy.

While improving your health is your best starting position.

2. Follow a mini-diet

Most diets fail because they're too restrictive from the get go.

However a mini-diet can be changing one meal for each day to make it healthier.

Where most of your meals remain the same, with small changes being made to the rest.

It's a great starting point for any diet struggler that's looking to lose weight.

3. Schedule weekly rewards

If you've got nothing to look forward to in the week.

How are you supposed to feel motivated?

Most of my clients never gave any form of reward for themselves.

Leading to worsened mental health and raised stress levels.

So scheduling a way to reward yourself each week will help keep your stress under control.

P.S. Want to get serious lifestyle habits specific to your situation?

Take your first step below:

[**<Discovery call Link>**](#)