



THE FASTING PODCAST **WOW**: EPISODE 60 – CLOTHES BAGGY OR SHRINKING IN PANDEMIC?

EPISODE 60: BAGGY OR SHRINKING CLOTHES IN PANDEMIC?

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



OR



Host: Julie Phillips, CNHP



SOCIAL DISTANCING MATTERS

- 2020 covid-19 virus lockdown
- People out of work, stuck at home
- **STRESS** levels high for many – stress eating, cortisol belly fat...
- Lack of activity from the norm, can't go to the gym
- Television – sedentary, snacking during commercials
- House full of food in preparation for lockdown
- Perfect storm for clothes getting tighter...



WHAT CAN WE DO?



- Perfect timing to do a short term fast (72-hour – episode 48), if not up to that or after its done, episode 20 Almost Fasting
- Appreciate huge advantages & imagine baggier clothes
- Get a body composition scale from Amazon less than \$30
- Consider a ketone breath meter or sticks and definitely have a measuring tape (waist, hips, chest...) – also Amazon
- Decide on how to get exercise, how often, how long
- Stack up tight clothes in sequence of tightness
- Keep a log of progress (measurements, food, exercise, challenges)



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WHAT ELSE CAN WE DO?



- Lower stress – meditation, yoga, nutrients or energy, etc
- Increase activity – walking, online classes, DIY while TV or radio
- Try on the tight clothes pile & measure/weigh weekly or daily
- Put a reminder on the fridge of your goal – COMMIT & FOCUS!
- Consider WOW program www.JPWOWPrograms.com/wow-program
- Get super busy with a project or online course keep mind off food or volunteer to make face masks, shop for elderly, etc
- Consider engaging with me to share wellness – e.g. the new energy devices from episode 59 for income, fun & wellness, email Julie@JPWOWPrograms.com





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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

