

EmpowerHer Transformation
Blueprint

Grounded

Beginnings: I
want to lose
weight, now
what?



Everyday Fit with Sarah

For the
perimenopausal
ladies who want
to lose body
fat and gain
lean muscle to
take on the
world!



Hello and welcome! I'm Coach Sarah, and I've got a great cheat sheet Get Started Guide to losing weight. A guide to know where to start when you're trying to lose weight. This will get you moving on your weight loss journey!



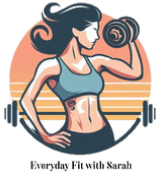
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With all the information and mis-information on the internet, it's hard to know where to start, so take a peek at these resources to really know where to start!



A little about myself... I am a Doctor of Physical Therapy and Certified Personal Trainer. I'm also a formerly overweight mother and true fitness enthusiast! I know the ins and outs of the human body and what it takes to achieve weight loss when you don't have much time to spare in the day.

I hear all the time, "I want to lose weight, but I don't know where to start," so I created these resources to help figure that out.



Get Started on your Journey

Everyday Fit with Sarah

Helping perimenopausal women to build strength, confidence, and a healthier future with my proven 12-week EmpowerHer Transformation Blueprint.

Click [here](#) for more information.

Your Step-by-Step Guide to Getting Started on Your Fitness Journey

Are you ready to take control of your health and transform your body? Here's a simple 5-step guide to help you map out your journey to getting in shape:

1. Set a Clear, Realistic Goal

What do you want to achieve? Whether it's losing 10 pounds, gaining strength, or simply feeling more confident, your first step is defining your "why." Write it down and keep it visible—it's your motivation!

2. Create a Calorie Deficit

To lose weight, you need to burn more calories than you consume. This doesn't mean starving yourself—it's about fueling your body properly and making smart choices. But how do you find the right balance? That's where expert guidance comes in.

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3. Focus on Strength Training

Strength training is your best friend for building lean muscle and boosting your metabolism. It doesn't have to mean lifting heavy

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Let me know what you think!

Sarah Wolfe



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weights (unless you want to!). Even basic bodyweight exercises can make a huge difference.

4. Prioritize Protein and Movement

What you eat and how active you are each day play a big role in your progress. Protein keeps you full and helps your muscles recover. Staying active—whether it’s walking, dancing, or chasing your kids—makes every step count!

5. Stay Consistent and Track Your Progress

Results take time, but consistency is key. Start small and track your progress—measurements, photos, or even how your clothes fit. Celebrate every win, no matter how small.

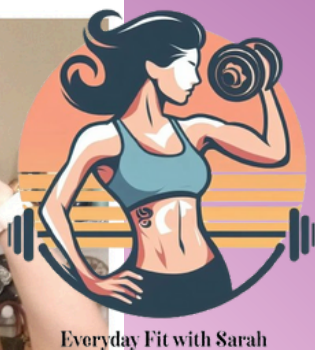
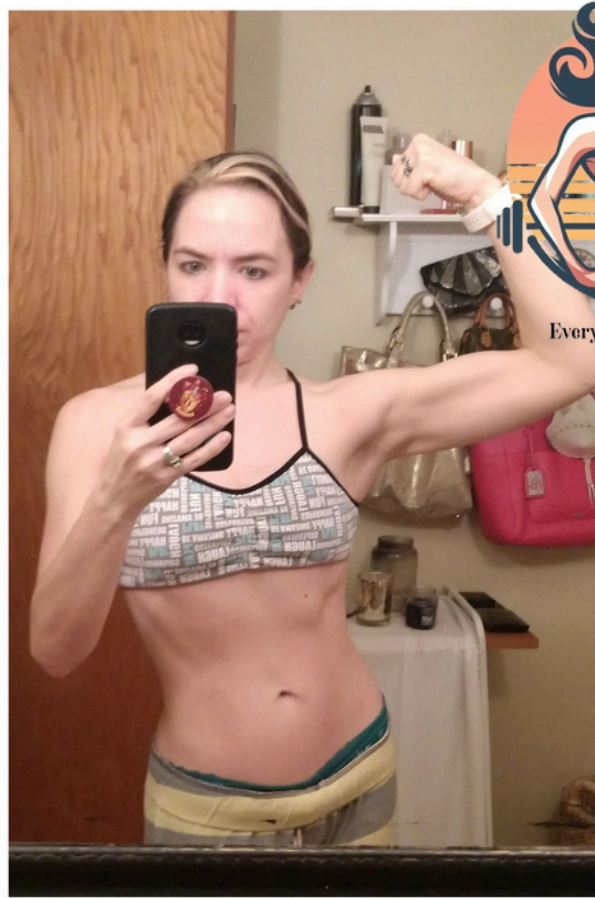
Want to know more about *how* to put these steps into action? Let me help! 💪 Schedule a [FREE call](#) with me to learn more about my program to take your journey to the next level.

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Let me know what you think!

Sarah Wolfe



Ready to take it to the next level?

This is just a tiny sliver of what you can expect with my EmpowerHer Transformation Blueprint.

Ready to learn more and explore how I can help you lose that extra body fat and build lean muscle?

Click [Here](#) to schedule a free consultation!