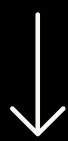


# 7 STEP FITNESS GUIDE

@patriciatwellness



Having trouble staying consistent on your fitness journey? I got you covered! My FREE guide shares 7 essential tips designed specifically for women (including those with autoimmune conditions) to help you build strength, manage stress, and transform your health without burning out. Ready to take control of your wellness? Follow my guide and unlock how to create a balanced, effective fitness routine to start feeling stronger and more confident!



# MANAGE YOUR FITNESS Journey

by Patricia

Follow these 7 tips to manage the immune system on a fitness journey



## Listen to your body.

Pay attention to how you feel each day.

Autoimmune conditions can cause fluctuating energy levels. Adjust your workout intensity accordingly. Rest days are just as important as workout days.



## Focus on strength training.

Building muscle helps support your joints and boosts the metabolism.

Opt for functional strength training exercises that improve mobility and daily movement patterns.



## Anti-Inflammatory Foods for Daily Nourishment

Support your body with anti-inflammatory foods like leafy greens, berries, fatty fish, and nuts. Also, practice intuitive eating to better understand what foods your body tolerates. Consult with a dietician if necessary.



## Stay Hydrated

Don't forget electrolytes!

Electrolytes like sodium, potassium, and magnesium help regulate hydration, prevent muscle cramps, and maintain nerve function. Replenish them with electrolyte-rich drinks, coconut water, or whole foods like bananas, leafy greens, and sea salt. Staying hydrated isn't just about drinking water—it's about balancing fluids and minerals to keep your body performing at its best!



## Strive for consistency, not perfection.

Getting back on track matters the most.

Even short workouts contribute to long-term progress, so don't stress about missing a session. What matters most is getting back on track—progress is built through persistence, not perfection.



## Prioritize Low-Impact Exercises

Incorporate low-impact activities like walking, swimming, cycling, or yoga to reduce joint stress and inflammation while still building strength and endurance.



## Manage stress effectively.

*-Peace is found not in certainty, but in the trust that each step will reveal the path ahead.*

Autoimmune symptoms can be triggered by stress. Incorporate stress management techniques like meditation, journaling, or deep breathing exercises.



## Bonus: Prioritize Rest

Good sleep is essential for recovery, hormone regulation, and overall health.

Aim for 7-9 hours of quality sleep each night to support muscle repair, immune function, and energy levels.

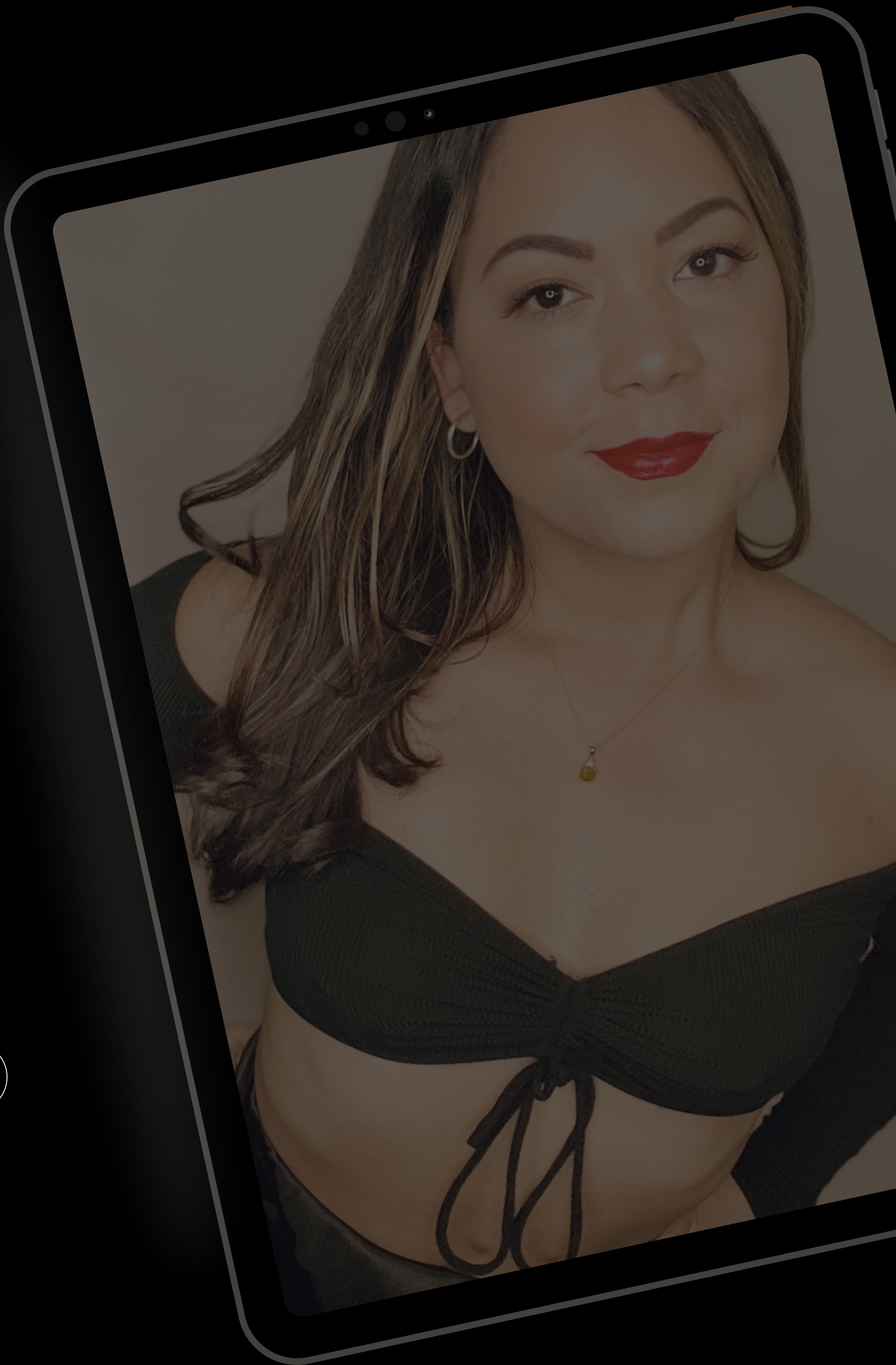
😴 Benefits of quality sleep:

- ✓ Reduces inflammation and flare-ups
- ✓ Supports muscle recovery and growth
- ✓ Balances hormones that regulate appetite and stress
- ✓ Improves mental clarity and mood
- ✓ Enhances workout performance and endurance

# JOIN MY PROGRAM

## 90 DAYS

# SCULPT YOUR FRAME & BUILD YOUR CURVES



Ready to sculpt your frame and build your curves without the burnout? My 90-day Sculpt & Shred program will help you increase strength, confidence, and create a sustainable fitness routine. I've been where you are—struggling with diet, stress, and feeling stuck—and I know what actually works. This program combines structured strength training, intuitive eating, and mindset shifts to help you see real results without the overwhelm. No crash diets, no endless cardio—just a smarter way to train and fuel your body. Train with purpose!