



From Frazzled to Flourishing

5 LITTLE KNOWN VITALITY HACKS
FOR THE OVER 40 WOMAN
TO REIGNITE HER
TWENTY-SOMETHING
ENERGY AND JOY

SHAUN *sm* MCKEE
THE VITALITY MD

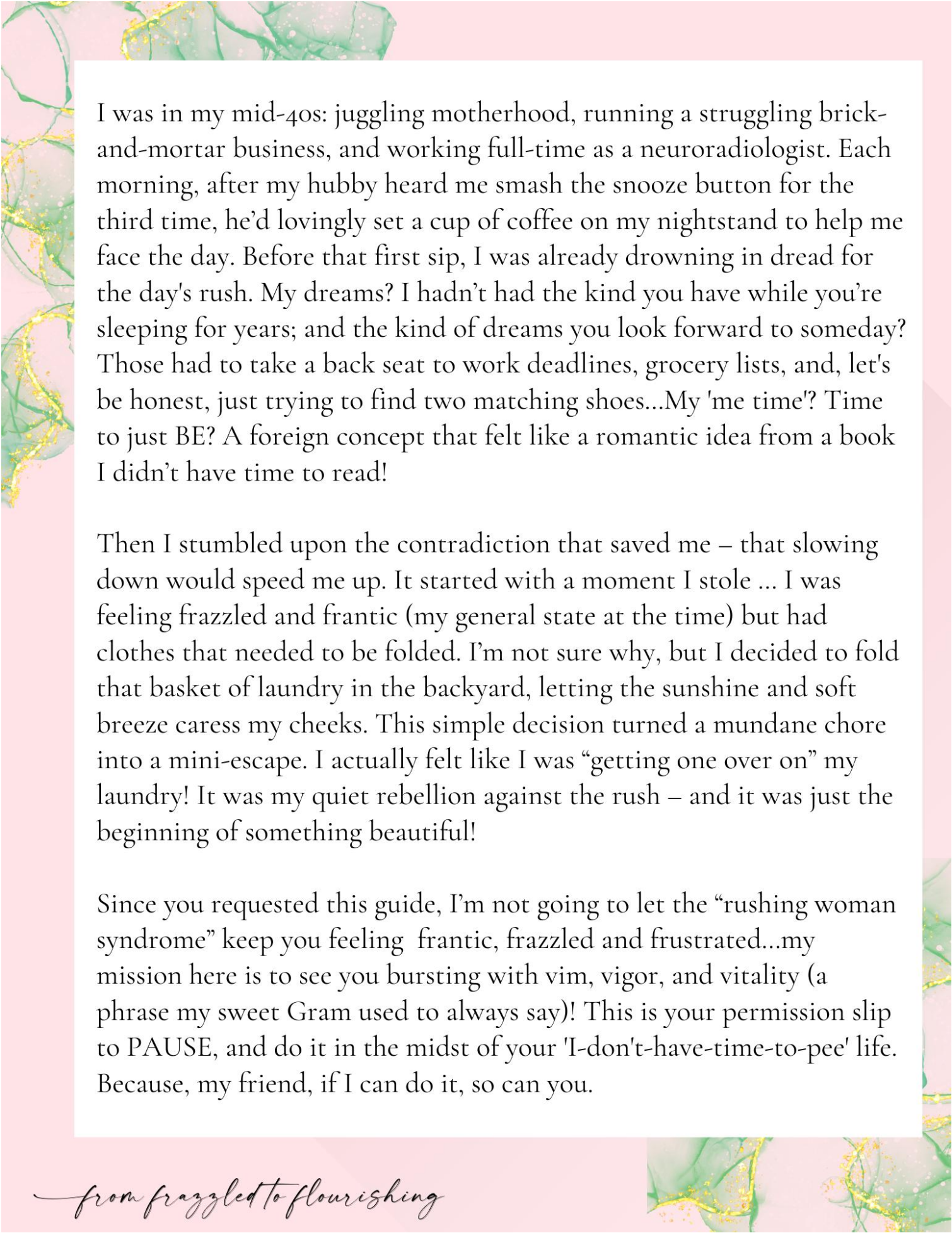
Hey there, you amazing over-40 superwoman! 🌟

Congratulations! You should be very proud of yourself for powering through the whirlwind of your fabulously full forty-something life ... I can already picture your days ... brimming with to-do lists, piles, appointments, reminders, meetings, family commitments, home tasks, general mayhem, and (as if!) what little social life you have energy left for!

Did you know there's actually a name for what you're experiencing? In today's race-paced world, the "Rushing Woman Syndrome" has become our norm. With 78% of working women over 40 reporting feeling rushed and a tragic 65% experiencing daily exhaustion, it's no wonder we find ourselves on the brink. But, the truth is, there's POWER in the pause - moments you absolutely must reclaim for yourself. I know, I know...Life right now feels like a high-speed train, and you're sprinting to catch up, so the idea of pausing seems counterintuitive. But here's the insider secret: a deliberate pause is just what the doctor ordered.

In this guide, you're about to learn why these simple daily pauses are absolutely necessary to save you from serious negative impacts on your health from "trying to do it all, all at once".

Believe me, I've been there, and while a little dicey at times, lived through it. There was a phase of my life when I said, OUT LOUD, on more than one occasion, "I don't have time to PEE!" (Which, let's face it, is the rushing woman's unofficial anthem).



I was in my mid-40s: juggling motherhood, running a struggling brick-and-mortar business, and working full-time as a neuroradiologist. Each morning, after my hubby heard me smash the snooze button for the third time, he'd lovingly set a cup of coffee on my nightstand to help me face the day. Before that first sip, I was already drowning in dread for the day's rush. My dreams? I hadn't had the kind you have while you're sleeping for years; and the kind of dreams you look forward to someday? Those had to take a back seat to work deadlines, grocery lists, and, let's be honest, just trying to find two matching shoes...My 'me time'? Time to just BE? A foreign concept that felt like a romantic idea from a book I didn't have time to read!

Then I stumbled upon the contradiction that saved me – that slowing down would speed me up. It started with a moment I stole ... I was feeling frazzled and frantic (my general state at the time) but had clothes that needed to be folded. I'm not sure why, but I decided to fold that basket of laundry in the backyard, letting the sunshine and soft breeze caress my cheeks. This simple decision turned a mundane chore into a mini-escape. I actually felt like I was “getting one over on” my laundry! It was my quiet rebellion against the rush – and it was just the beginning of something beautiful!

Since you requested this guide, I'm not going to let the “rushing woman syndrome” keep you feeling frantic, frazzled and frustrated...my mission here is to see you bursting with vim, vigor, and vitality (a phrase my sweet Gram used to always say)! This is your permission slip to PAUSE, and do it in the midst of your 'I-don't-have-time-to-pee' life. Because, my friend, if I can do it, so can you.

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In this guide, you'll learn 5 life changing hacks ... powerful pauses you can seize to supercharge your vitality and put your self-care on steroids (without the side effects - unless you count BLISS as a side effect!).

Now, let's dive in, from your smile down to your toes, and transform your frazzled frenzy into joy!


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POWER PAUSE 1

SMILING IN THE SUNSHINE

Do you have a mundane chore or a dreaded conference call? Take it outside! Even email sorting can be moved to the front or back porch, so you can enjoy the breeze and some fresh air!

Have your zoom meeting or fold your laundry in the sunshine for a wonderful mood boost. Think of these inside/outside swaps as stolen moments of serenity. You're getting the job done and your daily dose of Vitamin D at the same time! Adding a little al fresco efficiency to your day makes it all seem easier somehow. Odds are, I'll probably be outside doing my thing too, so wave at me ;)

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POWER PAUSE 2

FEEL-GOODS IN YOUR FREEZER

Did you know that inside your freezer is a virtual SUPERWOMAN factory waiting to be unleashed?

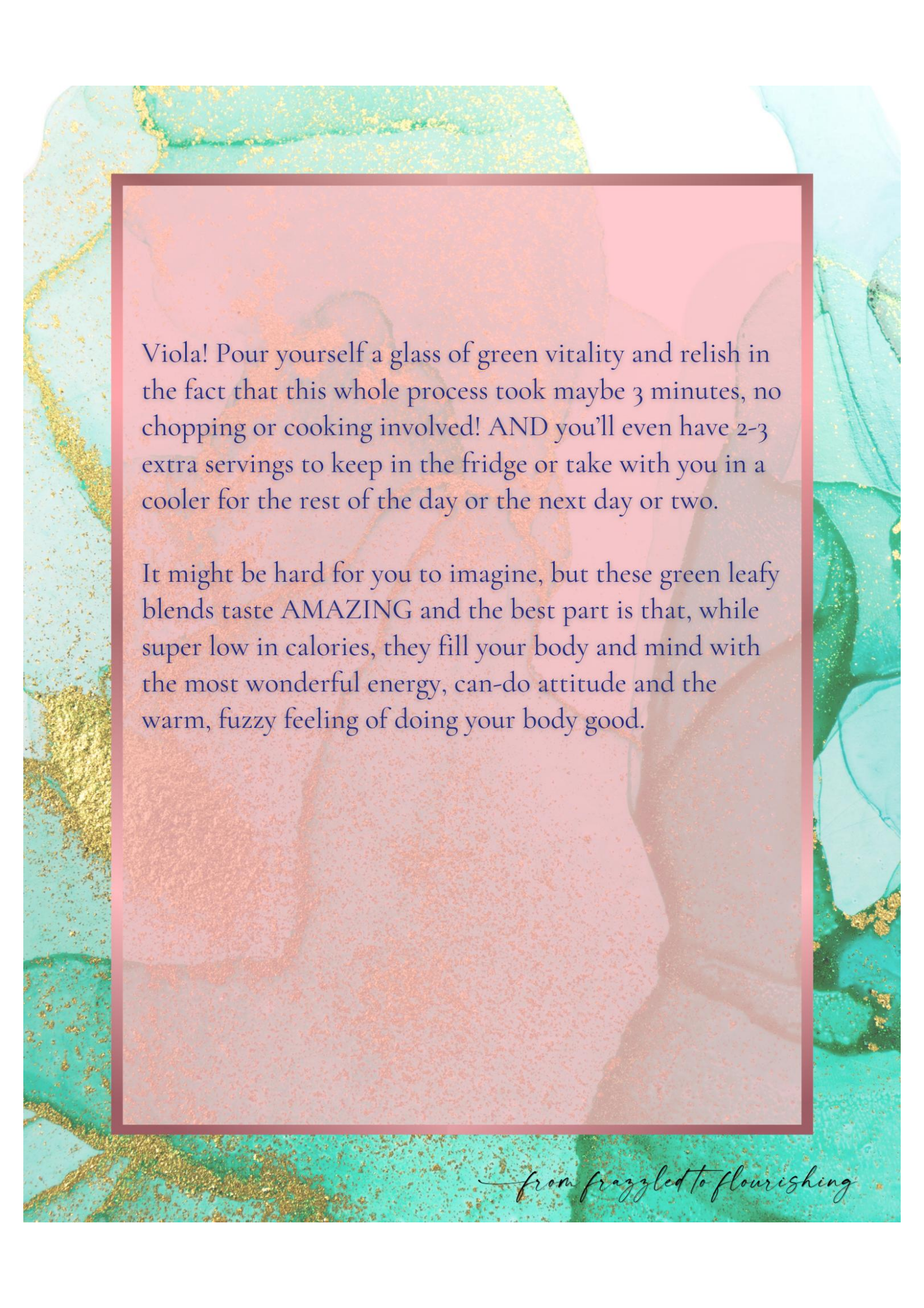
That is, if you stocked it properly with fresh frozen spinach and kale, broccoli, peas, and even frozen cubes of sweet potato and butternut squash. Frozen berries are a nice addition too.

Just make sure all of the above is organic because nobody has time for detoxing all those herbicides!

I hear you asking yourself how you're going to throw all this together as a hot meal or salad (that takes forever to CHEW), when you don't even have time to pee, much less actually EAT .. Well, fear not, because all you're going to do is dump those crisp leafy greens into a blender until it's about 2/3 to 3/4 full, throw a bit of frozen broccoli or whatever veggies you have in the freezer on top, then add some frozen berries or banana to make it taste yummy. Cover this bad boy with filtered water and blend.

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Viola! Pour yourself a glass of green vitality and relish in the fact that this whole process took maybe 3 minutes, no chopping or cooking involved! AND you'll even have 2-3 extra servings to keep in the fridge or take with you in a cooler for the rest of the day or the next day or two.

It might be hard for you to imagine, but these green leafy blends taste AMAZING and the best part is that, while super low in calories, they fill your body and mind with the most wonderful energy, can-do attitude and the warm, fuzzy feeling of doing your body good.

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POWER PAUSE 3

POWER PAUSE 3 - JUMPING FOR JOY

This one small habit has consistently been able to turn my day around on a dime! Here's how it works ... Whenever you're standing around waiting (think, while the coffee is brewing, while the pasta water is boiling, while you're waiting for your shower to get hot, while you're on hold with the bank), do a quick set of 10 jump squats. Just squat down as far as you're comfortably able and pop up into a low jump, then do this 9 more times. If you want to eliminate the jump to make it low impact, feel free!

I like to call them "Joy Jumps" because they boost your physical and mental energy and get your blood pumping, which makes you feel GOOD! Bonus points if you do this more than 2-3 times throughout the day. Oh! And don't be surprised when you start getting compliments on your newly toned legs!!

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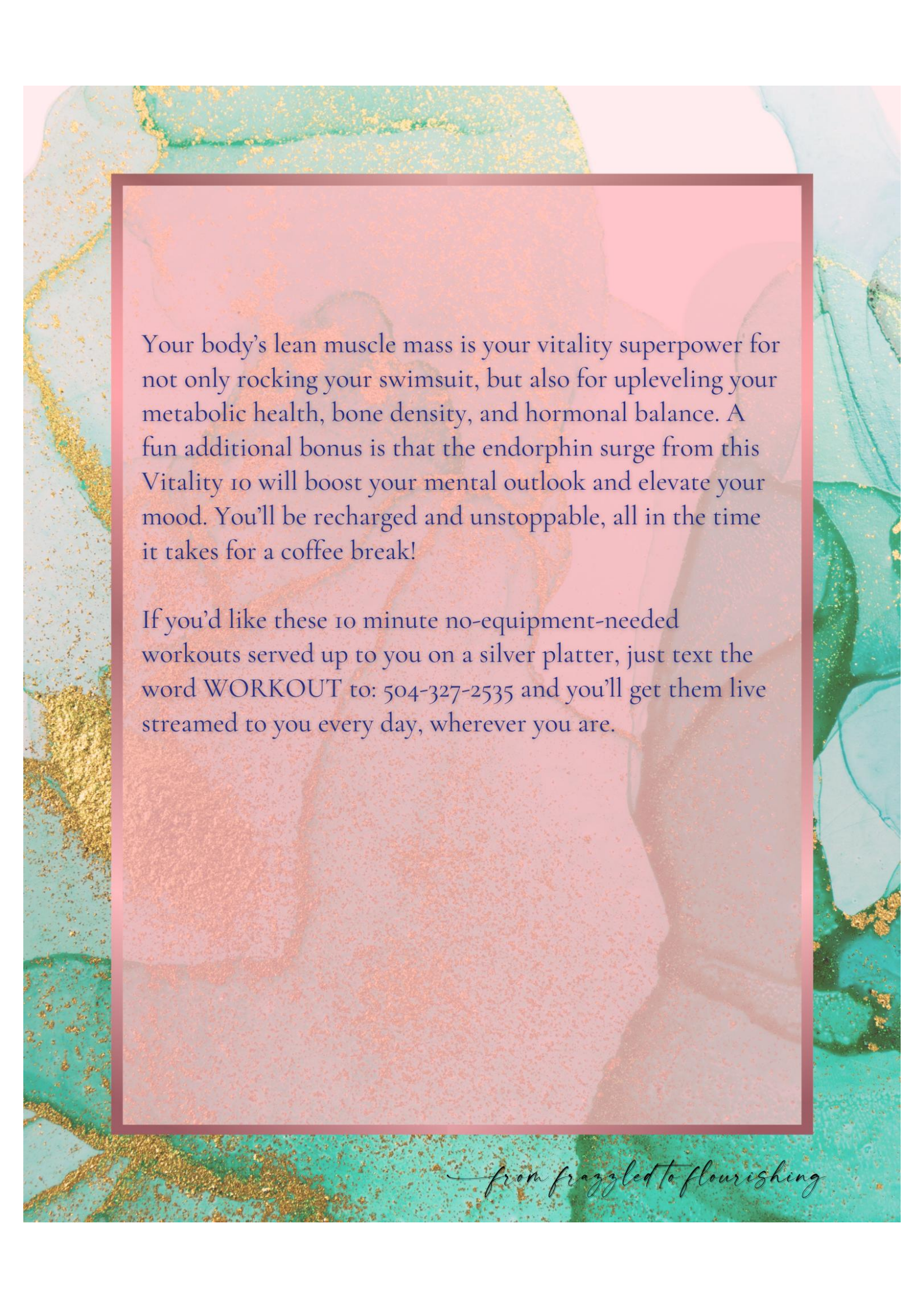
POWER PAUSE 4

TAKING 10 FOR VITALITY

Just say NO to those grueling workouts that leave you feeling drained and spent. Did you know that for women over 40, those long, hard workouts can actually cause more harm than good? For you, my time-strapped, moment-stealing friend, that's great news, because now you can get your vitality on in just 10 minutes a day. Not only will you feel energized, your hormones will thank you for it! You don't even need any equipment - just your body weight and, if you want the easy button, your phone (see below).

When you add a quick 10 minutes of focused, body weight movement into your day, you're not only stoking the fire of fat-burning but also fine-tuning your cortisol rhythms. Instead of exhausting, hour-long workouts that deplete your body's reserves and spike your stress hormones, these quick 10 minute workouts optimize your cortisol levels and keep your body primed for burning fat, as well as building lean muscle.

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Your body's lean muscle mass is your vitality superpower for not only rocking your swimsuit, but also for upleveling your metabolic health, bone density, and hormonal balance. A fun additional bonus is that the endorphin surge from this Vitality 10 will boost your mental outlook and elevate your mood. You'll be recharged and unstoppable, all in the time it takes for a coffee break!

If you'd like these 10 minute no-equipment-needed workouts served up to you on a silver platter, just text the word **WORKOUT** to: 504-327-2535 and you'll get them live streamed to you every day, wherever you are.

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POWER PAUSE 5

SWAPPING THE SCROLL FOR A STROLL

Stop filling those random 5-15 minutes of transition time in your day by scrolling social media. Why? Because when you do this, you start unconsciously thinking everyone's "highlight reel" is their everyday reality, and you start comparing your "mess" with their "best". This makes you feel lousy! Instead, lace up your shoes and take your mental health for a stroll while you amp up your physical game! Take a quick walk and listen to an inspirational or educational podcast to magnify the benefits of your healthy choice!

While walking, take special note of the flowers, trees, and beautiful nature around you - look for birds and squirrels because they'll make you smile even if you're having a hard day! There's a saying that no problem can't be solved by going for a walk! Bonus points if you're able to take Fido along for the fun, to give him his best life too!

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As we come to the end of this guide, I want to take a moment to tell you how incredibly proud I am of you. It's no small feat to carve out time in the midst of your hectic life to focus on YOU, but you did it. It's time to celebrate because you've taken the first steps and prioritized your well-being — a beautiful and powerful act of self-love. Remember that every pause, every moment you choose to slow yourself down, is a step toward your best life, energized, joyful and full of vitality!

To keep your momentum going and make these power pauses a natural part of your daily rhythm, I've created a handy daily checklist with the gentle nudges you need to remind you to take your power pauses. To get your copy, simply text PAUSE to 504-327-2535 so you can make these power pauses a lifelong habit to help you embrace the peace and vitality you so richly deserve. You've got this!

Love and hugs,

Shaun McKee, The Vitality MD

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About Shaun McKee, The Vitality MD:

As a physician, wellness center owner, and someone who's conquered ultramarathons and Ironman triathlons, I thought I had the whole “health and wellness thing” down. Despite my background in wellness and fitness, life threw me a curveball at age 44, when I found myself burnt out and on the aging superhighway – I was feeling frazzled, foggy, and fatigued ... the complete opposite of the life of vitality I'd been accustomed to identifying with.

My turnaround happened when I discovered and embraced the concept of powerful daily pauses, along with some other game-changing vitality hacks. These small yet transformative steps took me from feeling overwhelmed and exhausted to a blissful state of freedom and exuberance that was previously unimaginable to me. Today, I don't just feel (and look) younger; my life is joyful and more carefree – a 180-degree transformation!

With this perspective, I've made it my mission to empower women over 40 to tackle the root causes of their overwhelm, and to ignite their bodies' former youthful vitality from the inside out - to help them literally flip the switch that illuminates the best version of themselves.

If you're ready to step into your best life, one that you're activated every day with energy, vitality and joy, just text the word VITALITY to 504-327-2535 and I'll send them to you for free.

I'm celebrating your vitality today and always, and I'm excited to cheer you on as you join me on this journey. Can't wait to see you shine!

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