



7 steps to
**RESET YOUR
HORMONES**

FOR MILLENNIALS / 30-SOMETHINGS

Introduction

Hormonal imbalance is a common issue for people in their 20s and 30s due to various factors like poor diet, stress, lack of sleep and environmental toxins. Understanding the role of hormones in the body and how you can balance them is the best way to reach your fitness goals, without it feeling as if you're fighting an uphill battle.

Hormones are chemical messengers that regulate various processes in the body, including metabolism, mood, energy levels and reproductive health. When hormones are imbalanced, it can lead to a wide range of symptoms, such as fatigue, mood swings, weight gain and skin issues. It is safe to say that when your hormones are imbalanced, you won't see the results you deserve from putting all your effort in your workouts.

One of the key factors contributing to hormonal imbalance is diet. Consuming excessive sugar, processed foods and caffeine can disrupt hormone levels and lead to hormonal imbalances. Stress, lack of sleep, and exposure to environmental toxins can also negatively impact hormonal health.

In this eBook, we will explore 7 steps that millennials/30-somethings can take to reset their diet and balance their hormones for optimal health and fitness results.

Assess your current diet and lifestyle

The first step towards balancing hormones is to assess your current diet and lifestyle choices. This involves taking a closer look at your daily habits and identifying potential triggers of hormonal imbalance.

Food diary

Start by keeping a food diary to track your daily intake of sugar, processed foods and caffeine. Take note of how these foods make you feel and any symptoms you may experience after consuming them.

Lifestyle habits

In addition to diet, evaluate your lifestyle habits such as sleep quality, stress levels and exercise routine. Because lack of sleep, chronic stress and a sedentary lifestyle could be killing your gains.

Making mindful food choices

The second step is to make mindful food choices. This involves incorporating hormone-friendly foods into your diet and reducing or eliminating foods that can disrupt hormonal balance.

Chose unprocessed foods

Focus on reducing your intake of sugar and processed foods, which can cause inflammation in the body and disrupt hormonal health. Instead, opt for whole, unprocessed foods such as lean proteins, healthy fats, and plenty of vegetables.

Veggies are bonuspoints

Vegetables are particularly important for hormone health as they are rich in fiber, antioxidants and contain phytonutrients that can help support hormonal balance.

Reduce caffeine

In addition, be mindful of your caffeine intake. Excessive caffeine consumption can disrupt hormone levels and negatively impact sleep quality. Consider reducing or eliminating caffeine from your diet, especially if you are feeling a little 'off'.

Incorporate hormone-balancing habits

The third step we'll be discussing is to incorporate hormone-balancing habits into your daily routine. This includes managing stress, improving sleep quality, staying hydrated and engaging in regular exercise.

Manage your stress

Stress is a major contributor to hormonal imbalance. Chronic stress can disrupt hormone levels and lead to a wide range of health issues. Incorporate techniques such as mindfulness, yoga, meditation and deep breathing into your daily routine to help reduce stress levels.

Did you know?! Stress and cortisol affect fat storage in the body. Cortisol stimulates abdominal fat storage. Managing stress through techniques like exercise and meditation can help regulate cortisol levels and support healthy weight management.

Improving sleep quality is also crucial for hormonal health. Aim for 7-9 hours of quality sleep each night to support hormonal balance. Establish a consistent sleep routine and create a sleep-friendly environment in your bedroom.

Stay hydrated

Staying hydrated is essential for overall health and hormonal balance. Drink plenty of water throughout the day to help flush out toxins from your body and support hormonal health. Avoid sugary drinks and excessive alcohol, as they can disrupt hormone levels.

Sweat it out

Aim for at least 30 minutes of moderate-intensity exercise every day, such as brisk walking or cycling, and go for a more high-intensity session three times a week. Exercise helps regulate hormones, reduces stress, improves mood and removes toxins from the body by sweating.

Implement hormone-friendly meals

The fourth step is to implement hormone-friendly meals. This involves creating balanced, nutritious meals that support hormonal health and provide your body with the essential nutrients it needs.

Start by focusing on whole, unprocessed foods. Every meal should consist of:

- a carbohydrate source (while resetting this should be without gluten)
- a protein source (more often plant based)
- a fat source (natural fats like avocado or olive oils are best)

Load up on vegetables, particularly those rich in antioxidants and fiber, such as leafy greens, broccoli, carrots, and bell peppers. These help reduce inflammation, support digestion and help getting rid of toxins like an excess of estrogen.

Natural sweeteners

Limit your intake of sugar, refined carbohydrates, and processed foods, as they can disrupt hormone levels and lead to hormonal imbalances. Opt for natural sweeteners such as stevia, raw honey, or maple syrup as alternatives.

Herbs and spices

Incorporate hormone-supporting herbs and spices into your meals, such as turmeric, ginger, cinnamon, and flaxseeds. These herbs and spices have anti-inflammatory properties and can help regulate hormones.

Practice self-care and mindfulness

The fifth step towards balancing hormones is to practice self-care and mindfulness.

Self-care involves taking care of your physical, mental and emotional well-being, which can have a profound impact on your hormonal health by reducing stress and therefore cortisol levels.

Relax!

Engage in activities that bring you joy and help you relax, such as reading, spending time in nature or spending quality time with loved ones.

Prioritize relaxing activities like getting a massage and taking a bath. These activities can help reduce stress, improve your mood and bring you closer to your fitness goals.

Track your progress

The sixth step is to track your progress. Keep a journal to record your meals, exercise routine, sleep quality and any changes in symptoms or overall well-being.

Note down improvements

Regularly assess how you feel physically, mentally and emotionally. Notice any improvements in your energy levels, mood, skin health, and menstrual cycle if applicable. Celebrate your progress and use it as motivation to continue implementing hormone-balancing habits into your lifestyle.

Join the 21 Day Reset Program

The seventh and final step towards balancing hormones is to consider joining the **21 Day RESET Program**. This comprehensive program is designed to reset your diet, balance your hormones and see better fitness results than ever before.

The 21 Day RESET Program provides a structured plan with food options, exercise routines and guidance from your Personal Trainers - Stephen and Kaylee.

Because you have read through the whole eBook, you have shown to be dedicated to your fitness goals and hormonal health. This is why we want to offer you an **extra 10% discount** on the program.

Use code **HORMONES** to get the 21 Day RESET Program with discount via this link:
<https://imbitiousfitness.fitterapp.app/programs/21-Day-RESET-Program>