

Badass Breakthrough Academy Resources Roap Map



Recommended First Steps:

- Watch/listen to Onboarding Trainings** [45 min.total]
- Print "Thrive After 35 Checklist" as your first areas of focus.** This is a summary of your best path to success & what moves the needle the most!
- Print & review the **Breaking Through Wellness Food List** (Module 2)
- Print & review the **Ingredients to Avoid List**
- Print & review the **Build Your Perfect Lunch Cheat Sheet**
- Watch/listen/read **"Foundational Training #1"** to learn **why blood sugar stability matters & simple hacks to support it** [9 min.]
- Complete **"Foundational Training #2"** a more detailed summary beyond our Thrive After 35 Checklist of **female 35+ specific health, nutrition & fitness strategies essential to your success** [28 min.]

Additional Learning in Module 2 to Unlock Optimal Health & Energy:

- Struggling with a mindset for healthy eating?** Print & read "3 Simple Strategies to Improve Eating Habits to Support Your Goals"
- Looking for before, during & after exercise meal ideas?** Print & read "How to Fuel Energized Training + Before, During & After Workout Meals"
- Learn best caffeine & alcohol choices:** Watch/listen to "Effective Ways to Use Caffeine & Alcohol Hacks to Keep Your Goals on Track"
- Learn a highly impactful way to support your best hormone health:** Watch/listen/read our guide "A Realistic Way to Decrease Use of Health & Hormone-Disrupting Products" [42 min.]
- Learn simple ways to improve sleep:** Read "10 Simple Sleep Hacks"
- Wondering if collagen supplements are worth the money?** Print/read "Collagen Cheat Sheet & How to Maximize Use"

- Learn to determine high-quality vs. health, gut & hormone harming supplements:** Read "How to Make Smart Supplement Purchases"
- To learn more about why a high-quality multivitamin, omega & vitamin D matter:** Listen to "3 Foundational Supplements" [11 min.]

Module 3: On-Demand Strength Training

Your goal is to strength train at least 2 times per week, ideally 3. In addition to personalized programming, you have access to:

- Print, read & follow guidelines as noted on each workout's PDF instructional guide to ensure you're lifting heavy enough.** This is specific to female age 35+physiology to ensure your body will actually build muscle, strength, support bone/joint health & prevent injury!
- Watch & learn the exercises of "**Long & Lean Upper Body Routine.**" Weight lift upper body at least once per week.
- Watch & learn "**Lower Body Comeback Routine**" or "Running Strength Workout" (Module 5). Weight lift lower body at least once per week.
- If your lower body is injured** & it's hard to bear weight on your leg, start by watching & learning the "Modified Upper Body Routine."

Module 4: Targeted Troubleshooting Trainings & Guides

- Facing high stress or an injury?** Access a plug-n-play protocol & guide to support your mind & body to *quickly* turn setbacks into a strong comeback! Learn quick tips for self-care, **best supplements, technology** & how to **boost your mind & body's ability to recover fast!** [60 min.]
- Quick & effective tight muscle releases demo video** [10 min.]
- Traveling?** Learn best food choices to keep your goals on track! [10 min]
- Desk job or sitting during your day causing back pain, brain fog or fatigue?** Watch "A Quick Corrective Exercise to Stop Sitting From Crushing Your Ability to Crush Your Goals" [7 min.]
- Struggling with food cravings or overeating habits?** Watch/read "How to Reduce Food Cravings & Overeating Workshop Replay" [66 min.]
- Trouble sleeping?** Watch/read "Sleep Solutions Guide" [76 min.]
- Frustrated with PMS, bloating or menopause symptoms?** Read "Foods & Strategies to Decrease PMS, Bloating & Menopausal Madness"
- Digestion, gut health, fatigue or hormonal health concerns?** Watch "All About Gut Health & How to Restore It" [1 hour]
- Feel yourself get sick or stuck with the flu or a cold?** Watch "How to Adjust Exercise & Nutrition When Sick" [20 min.]

- Want to work with Louise & your Dr. to proactively review labs that gauge how exercise & stress are impacting your body?** Download & ask Louise for support with “Blood Test Checklist & Provider Letter”
- Read “Strategies for Pain, Problem Solving & Problematic People”**

Module 5: Running-Specific Resources

- Watch, learn & use the **2-Minute Running Warm Up** (Demo Video)
- Sick of tight muscles or injuries?** Don't miss “Injury Prevention for Women Runners Age 30+” training & guide [70 min.]
- Running Strength Workout PDF **Instructions + Warm Up Demo**
- Running Strength Workout** (Demo Video)
- Learn Why Taper Week Matters**, How to Optimize & Survive It [8 min.]
- Before a race watch** “A Quick & Powerful Pre-Race Reflection Exercise”

Mini Course

- Mindset or confidence feeling stuck?** Complete the “Master Your Mindset” mini course [Total time 90 min.]

[Bonus Lessons] How to Support Youth Mind & Body Performance

- A Strategy to Support Your Kid in Fulfilling Their Young Athlete Dreams
- 10 Tips to Coach Your Kid to Greatness (Especially When it Gets Hard)
- How to Know When to Put Pressure on Our Kids
- How to Help Your Kids Eat Well for Life & Troubleshooting Picky Eaters
- Healthy Sports Nutrition Habits for Youth

#1 rule at Breaking Through Wellness is don't stay stuck! If you have a question, post it in our Community, email support@breakingthroughwellness.com or message me on Facebook or Instagram. Cheat sheets, guides & trainings are updated as needed, but if you're feeling stuck in a certain area, let me know & I'll create a tool to support your success!

Cheers to unlocking your best,

Coach Louise, MPH, CHES, CSCS, ACSM-EP, EIM II, CPT, BCTMB