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Denise Austin Fall Reset! 2024 Magazine

Denise Austin's Fit Over 50 - Fall Reset! 2024

YOUR GUIDE TO A HEALTHY, NOURISHING, AND HAPPY FALL

Introduction

This instruction manual provides a comprehensive guide to utilizing the content within Denise Austin's Fit Over 50 - Fall Reset! 2024 magazine. Designed in collaboration with fitness icon Denise Austin, this 100-page special issue offers strategies for maintaining health and well-being during the fall season. It includes structured workout routines, expert advice for managing menopause symptoms, nourishing recipes, and tips for skin care.

Fall / 2024

Denise Austin's Fit Over 50

Fall Reset!

Trim, Tone, Tighten

30 ball and band moves to engage and strengthen *all* your muscles

Tame Hot Flashes

Soothe this common menopause symptom and others with 6 gentle yoga moves



Comforting & Cozy

Savor the season with Denise's favorite soul-warming recipes



Carrot ginger soup

Bye Bye, Brain Fog!

Regain your focus with a few simple tricks



DENISE AUSTIN'S FIT OVER 50

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Image: Front cover of Denise Austin's Fit Over 50 Fall Reset! 2024 magazine, featuring Denise Austin.

The magazine's UPC is 0602648481953.

Program Setup

To begin your Fall Reset program, ensure you have the necessary equipment and ingredients ready:

- **Workout Equipment:** For the strengthening and toning exercises, a stability ball and resistance bands are recommended.
- **Kitchen Preparation:** Gather ingredients for the soul-warming soups, hearty mains, and seasonal sweet treats featured in the recipe sections.

- **Mindset:** Approach the program with a positive and consistent attitude to maximize benefits.



Image: Contents page of the magazine, outlining various sections including fitness, nutrition, and lifestyle.

Operating the Program

This section details how to engage with the various components of the Fall Reset program:

1. Fitness Routines

The magazine includes 30 stability ball and resistance band workouts designed to engage and

strengthen muscles. Follow the instructions for each exercise carefully, focusing on proper form. Incorporate metabolism-boosting cardio as suggested to enhance your fitness journey. Refer to the 'Trim, Tone, Tighten' sections for detailed workout plans.



Image: Denise Austin demonstrating a tree pose on a yoga mat, illustrating a fitness activity.

2. Menopause Symptom Management

Discover expert suggestions for soothing common menopause symptoms such as hot flashes, brain fog, and insomnia. The magazine provides calming yoga moves, breathing techniques, and information on anti-anxiety foods. Consult the 'Yoga For Menopause' section for specific guidance.

Yoga For **MENO- PAUSE**

Learn how you can ease common symptoms
with a few simple moves

Yoga is one of Denise's favorite exercises—it's a perfect compliment to the cardio and strength training that most people do. This workout strengthens, stretches and soothes at the same time, relaxing your muscles, promoting flexibility and balance, and helping to elevate your mood. Not to mention, yoga can help ease common symptoms of perimenopause or menopause such as inflammation, anxiety, hot flashes and insomnia, among others.

Menopause symptoms can last for months and even years, having a negative effect on the body and mind. "There is scientific evidence that menopause triggers changes in serotonin levels as well as dopamine—both neurotransmitters that greatly affect our mood and ability to sleep," Kathleen Jordan, MD, chief medical officer at Midi Health, told *First for Women*.

Being able to get them under control can minimize the stress these uncomfortable symptoms can cause in your daily life. This is where yoga can help.

STRETCH AND DE-STRESS

An ancient practice, yoga is a combination of stretches,

breath training and mindfulness that can improve your overall well-being.

According to a study in *Brain, Behavior, and Immunity*, practicing yoga can reduce the production of the stress hormone cortisol. Research reviewed in the journal *Evidence-Based Complementary and Alternative Medicine* also found that yoga can provide significant relief for depression and anxiety. And of course, the physical benefits of yoga include improving your metabolism, easing menopause-related inflammation, and lessening the risk of weight gain—which, of course, can lead to a host of other health problems including high blood pressure and heart disease.

That said, yoga is just one tool you can utilize to help make your menopause journey more gentle. If you've never tried yoga before, you may be intimidated to pick it up at first. Denise will tell you, though, that you can do it! (Though, it's important to note that you should always talk with your primary care physician before starting any new fitness routine.)

Ready to go? These are some of Denise's favorite yoga poses to start:

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Image: A page from the magazine titled 'Yoga For Menopause', explaining how simple moves can ease symptoms.

3. Nutritional Guidance and Recipes

Explore family-favorite recipes for soul-warming soups, hearty main dishes, and seasonal sweet treats like apple cinnamon crumble and baked persimmon. These recipes are designed to be comforting and nourishing. Refer to the 'Comforting & Cozy' and 'Fall Recipes' sections for detailed instructions.



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Image: Denise Austin in a kitchen setting, preparing food, alongside an image of a bowl of butternut squash soup and a portrait.

4. Skin Care Tips

The magazine also includes advice for addressing dry skin, a common concern. Follow the recommended fixes to maintain healthy, glowing skin throughout the fall season.

Maintenance for Ongoing Wellness

Consistency is key to achieving and maintaining the benefits of this program. Integrate the fitness

routines, healthy eating habits, and wellness practices into your daily life. The '68 LIFESTYLE' section offers additional daily practices for overall well-being, while 'HEALTHY GUT, HEALTHY SKIN' provides guidance on balancing your gut for skin health.

Fall RECHARGE

Hi, everyone! I love fall: It's a beautiful bookend to the liveliness of summer, and a great time to get back into a healthy daily routine. And making small, effective changes that make living *fun and happy* is a perfect way to transition from one season to the next. You deserve to feel great, to have a positive outlook, and to wake up celebrating each day, so get ready: Your fall RECHARGE starts now!

This issue is packed to the brim with uplifting, actionable advice to help you on your pursuit to wellness. Think cozy and nourishing recipes, a dewy skin routine so you radiate that inner glow, my fat-blasting workout routine that will help boost your metabolism... It's time to reset, rejuvenate and RECHARGE together!

Building muscles is vital to youthfulness, balance and energy, and that's why I love sharing my over-50 workouts with you all. My cardio, yoga and strength training moves starting on page 8 will get your metabolism roaring and your energy soaring, helping to stave off menopause weight gain. And my 7-day Trim, Tone and Tighten workout is an effective at-home routine to do all season long. Make that pledge

to yourself to get moving and you will see and feel the results in just a few weeks.

It's no secret I love cooking and eating, and this issue dishes up some of my family's tried-and-true recipes. They include soul-warming suggestions that are delicious and comforting, such as the Pumpkin Protein Smoothie and Creamy Tomato Soup—two of my favorites. Plus, discover the benefits of eating protein first thing in the morning—a key move for keeping muscles healthy and strong.

I also share some of what you have asked for: Fun fall fashions to help you look your best, tips to ease menopause-related hot flashes and brain fog, and simple strategies to help manage anxiety and stress so you feel focused and positive this holiday season. Let's celebrate fall together, with a smile on our faces, as we RECHARGE our bodies and minds! I am here every step of the way to cheer you on—you can do it, and you are worth it!

Denise Austin

Make every day an amazing day: Follow me and see my daily posts on social media!



facebook.com/DeniseAustin



instagram.com/deniseaustin



pinterest.com/pindeniseaustin

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Image: A page from the magazine titled 'Fall Recharge', emphasizing daily commitment to health.

Troubleshooting Common Challenges

This program addresses common challenges faced during the fall season and in midlife:

- **Hot Flashes & Insomnia:** Utilize the calming yoga moves and breathing techniques detailed in

the 'Yoga For Menopause' section.

- **Brain Fog:** Implement the suggested anti-anxiety foods and mental exercises to regain focus.
- **Lack of Motivation:** Denise Austin encourages a positive outlook, reminding you, "You're worth it!" Revisit the 'Fall Recharge' section for motivational content.



Image: Denise Austin relaxing, with family photos, highlighting the importance of personal well-being.

Specifications

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Support and Additional Resources

For additional content, workout videos, nutrition tips, and more, you can download the Denise Austin App:

Denise Austin App: <https://www.deniseaustin.com/app>

Stay connected and find daily posts on social media:

Facebook: facebook.com/DeniseAustin

Instagram: instagram.com/deniseaustin

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