

Healthy Weight Loss Guide for Women Over 40

Welcome! This short guide shares simple, sustainable habits to help you lose weight and improve your health.

- 1. Eat more protein.** Include lean protein with every meal to help control hunger.
- 2. Fill half your plate with vegetables.** They add fiber and nutrients with fewer calories.
- 3. Drink more water.** Aim for 6–8 glasses daily.
- 4. Walk every day.** Start with 20–30 minutes and increase gradually.
- 5. Sleep well.** Try to get 7–9 hours each night.
- 6. Be consistent.** Small daily habits produce lasting results.

Remember: Healthy weight loss is a journey, not a race. Celebrate progress and keep going!