

TIME MATTERS EXPERT SERIES:

*How to focus your productivity so you can reach your goals
And
Create your peaceful joy-filled life.*

ACTION SHEET



Kristen Nolan

Kristen Nolan, owner of I Luv My Body Fitness (a.k.a the “*Luv Your Body Mentor*,”) is passionate about helping women who are ready to get back in shape and lose weight permanently so they can feel energized, fit comfortably in their favorite clothing and love their new bodies!

She believes there is no such thing as a ‘quick fix’ to LASTING weight loss, and has developed her signature 6 week ‘*Metabolism Makeover Challenge*’ to teach women time-saving meal prep strategies to get rid of cravings, feel lean and make the process fun and rewarding.

Notes from the interview:

1) Tell me a little about your background... How did you get started in your quest to help your clients lose weight, be energized and feel healthy?

- I had an unhealthy obsession from a young age wanting to look like I “should”. I am now rid of this after struggling with it for years.
- I hired a personal trainer to help me get off the yo-yo cycle for good and be happy with myself and my body.
- She did this and inspired me to help others do the same.
- Over the past 9 years, I have had the privilege to work with over 1000 women to help them make time to lose weight easily, feel energized, and love their bodies.
- What I have discovered is that there is no quick fix or one size fits all approach. It has to be tailored to your available time and lifestyle. Find weight loss and fitness strategies that work for you.

2) How does your health, ultimately determine your ability to stay focused, be more productive and make more money in your business?

- You can't ever stay focused long term and serve clients and be at your best without a solid foundation of health and energy.
- You'll end up hitting a wall because of poor health that will get in the way of you creating the life you want to live and the income you want to create.
- Like driving a car across the US without enough gas.
- Fitting fitness and healthy eating in is the hardest thing for people to figure out. When I work with people I break it down and help them figure out the small tasks that help them move forward and be successful. They have fun and don't stress about it anymore.
- Don't skip breakfast! My client Claudia didn't feel hungry in the morning and skipped breakfast and by lunch she would be hungry and angry, eat a lot of carbs and then crash and be unfocused in the afternoon – It made her extremely unproductive!
- Her solution was to eat a healthy balance breakfast and it changed her life!

3) What is the most common negative health symptom you help your clients overcome?

- Uncontrollable cravings around unhealthy foods use up time and distract us with feeling guilty and bad afterward for eating it.
Cravings come from blood sugar dysregulation from emotional and physiological stress.
 - Physiological stress comes from not right timing of eating, right amounts, and right balance of food—Healthy brain and body biochemistry requires the right kind of food at the right times.
 - Thinking, problem solving, and focusing on tasks require nutrients to fuel your brain. Your brain is an energy hog.
 - Your body can't tell the difference between emotional and physical stress— Emotional stress causes the same changes as physiological stress via stress hormones. This drives hormones which cause your cravings and more health problems.
- Make time to fuel yourself throughout the day to keep your brain and your body healthy throughout the day. Eat regular meals and healthy snacks.

4) What is your personal “secret move” or unique recommendation for easily increasing focus?

- Eat every 3-4 hours during the day
- Learn your “pre-hunger” signals and eat when you feel them.

5) What is your personal “secret move” or unique recommendation for easily increasing productivity?

- When you notice that you are not being as productive as you’d like to be, take a brief activity break.
- It stimulates the part of your brain that will keep you focused and creates full brain activation. It moves the energy to the part of your brain that does the thinking.
- Physical activity is what helps your brain cells learn, grow, and change.
- You can learn ANYTHING that you practice. A new skill set can always be learned.
- Sarah discussed the growth and fixed mindsets by Dr. Carol Dweck which shows that success predicted by believing that if you practice you will get better.

6) What is your best tip for entrepreneurs and professionals who want to easily meet their business goals and have a productive peaceful joy-filled life?

- I always think about the end result and then back it down to an easily doable system that will get me to the end goal. It’s the same thing I teach my clients with weight loss. I break things down into small tasks that I do daily and all of a sudden it is a lot more doable and I reach my goal.
- I focus on very small productive tasks.

7) A lot of people feel like they don’t have time to get healthy. What is the easiest way for them to get started?

- My 2 Step “Get Started Now System”:
 - Get out paper and write out what your typical day looks like now and leave a bit of space between each activity on the paper.
 - What are the 1-2 activities that you can easily do and will easily lead to your goal? Link each activity to something else that you are already doing that is related to that activity so it flows right in. Don’t add more than 1 or 2 activities at a time.

8) I know you specialize in helping your clients develop time saving habits to help them lose weight. What are your top 3 easy-to-follow tips to help them get started?

- Bodies let go of weight when we are happy, healthy, and low on stress.
- 3 easy tips:
 - In order to keep your cravings in check so you don’t eat emotionally, balance all meals and snacks with protein, carbs, and fat.
 - Focus on food frequency. Eat every 3 - 4 hours during the day.
 - Keep yourself low on emotional stress. Emotional stress causes you to store fat in your midsection. Try brief bouts of daily exercise, meditation, yoga to manage stress or do other brief activities that help you feel relaxed and happy.

9) I know you have a Free Gift for our audience, where can they access this and learn more about you?

- Free Gift is “31 Metabolism Boosting Snacks”
- Go to www.timemattersexperts.com/replay and scroll down to Kristen’s picture and click the button for her free gift there.

Your Notes: