

# 7-Minute Ageless Body Secret

**Your Plan to Get Lean and Sexy  
Energized and Strong  
While Turning Back the Clock to  
Anti-Aging Your Body for Life!**



**by Dawn Sylvester**

# 7-Minute Ageless Body Secret

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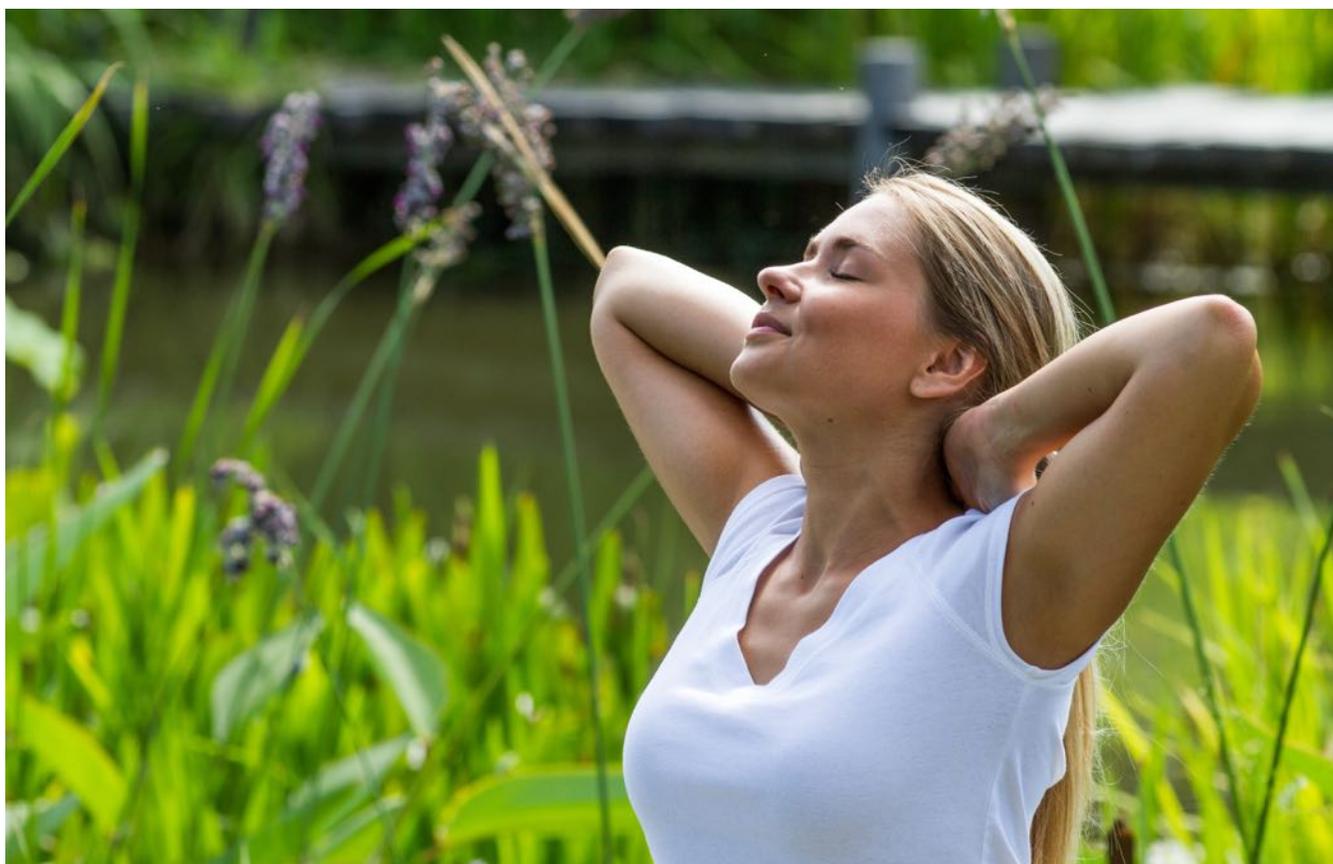
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# 7-Minute Ageless Body Secret

## Chapter 1.

**Why this is not like any other exercise plan, and  
why it WILL work for YOU.**



Congratulations! You are ready to take control and uncover your most energized and sexy body starting today!

It doesn't matter what didn't work before, or if you have never started a workout plan. You might want to get stronger, or you might want to get leaner sculpted muscles and for the first time in your life, see some definition. Guess what you will see all of that and more!

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Before we move forward, let's cover a bit about why we feel we have lost control and why that happened in the first place. If we understand how we got to a spot of unhappiness, I believe that we can “undo” our past mistakes and make way for “the new you!”

Women as a group are strong. Women alone are strong. We are capable of spectacular and passionate things mental, emotional and physical because of the fact that we are women.

Unfortunately, some of us feel stronger than others due to many factors.

Factors ranging from upbringing and family beliefs instilled in us when we were young, to culture, religion, education level, socioeconomic status and physical appearances. These feelings can empower us, or make us feel helpless. They can keep us healthy and vital, or these feelings if not caught early... can lead us down the path of destruction where depression, obesity and disease will surely shorten our lives making us miserable on the way.

Unfortunately society places a lot of stress on women. Or should I say we place it on ourselves. We still believe that aging is bad, and gaining weight is inevitable. Most women and men that I ask, fear what the future has acting like they have no choice in what happens to their bodies or their minds. Most feel that it is the road that leads to illness with the powerless feeling of someone else making their decisions

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Thankfully, you know that the actions you take today, affects what the future will hold as it relates to your health, your body, how it looks and how it feels... to mention the mindset that you move into that space with.

I often ask and am perplexed why so many spend time worrying about aging, but do nothing to take the fears away. Nursing homes seem like a horrific end to our lives, yet this is clearly as I look around, where we are headed. It is for that reason alone that you need a plan to get physically stronger. However, we not only want to feel good, we want to look good and feel in control.

As women, we look at magazines and youthful stars and wish we looked like them, or at least different than we look now. We constantly listen to an inner voice that does not empower us or make us feel better...we repeat often all the reasons why we can't change, why we don't have time, why we are overwhelmed with our lives.

When it comes to food, our relationship is not healthy. We starve ourselves creating a flabbier, weaker, version of ourselves instead of striving for wellness, and strength. We beat ourselves up for what we don't have or look like, instead of embracing what we are capable of being. We treat our bodies badly with horrible food choices, dieting, substance abuse and either zero exercise, or only cardio, and never seem to feel that we can be as strong as we are meant to be.

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Many women still believe that a lean and tight body is meant only for the young. Obviously you are not one of them and that is why you have made this wise choice! Now...let's put that into action and you will surprise yourself by how easy it is to melt through the flab and see those tight curves that you know are hiding under there.

I ask many women what they do in the gym when or if they go. Treadmill, Stepmill, and Zumba...are the most common answers. As they laugh gesturing towards their bodies, and say "as you see it doesn't make a difference", then they proceed to tell me the diets they have tried that didn't work either sighing.

We walk boldly into many situations, but the weight room in the gym is still an alien place of intimidation. Not even the weight room itself, but actually using weights or dumbbells. When and if a woman ever says that she "lifts weights" she is usually referring to either 3 or 5 pound dumbbells...

**Adding muscle is the only way to retain our youth.**

**The more muscle on your body, the higher your resting metabolic rate.**

**This translates to calories burned when you are not even working out and in the fitness world is referred to as "the afterburn."**

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*Studies have shown that although you might burn more calories while doing cardio, the afterburn is what matters. With strength training and using bodyweight movements that use your biggest muscles, your body continues to burn calories for up to as much as 48 hours after a single training session where either intensity, dumbbells or both are used!*

The benefits of strength training are considerably more than doing cardio alone. If you knew that you could lift weights for 7 minutes vs. 1 hour of cardio and burn more calories with more benefits which one would you choose?

As we age, the demands that are placed on us get larger. We battle hormonal issues, children leaving the home and husbands with lives of their own. Somehow we can't place when our lives got away from us, or why we look and feel the way we do. We think of how strong, vital and fit we used to be, and feel powerless.

*Functional strength and quick short burst workouts, change how your body works at burning fat and how you feel in relation to overall life! So take 7 minutes just for you. Pay close attention while working every muscle to what an amazing machine your body truly is, and how fortunate you are to be able to change it and take care of it!*

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Do you know that by simply picking up a dumbbell instead of sitting on a machine or walking on a treadmill, you are engaging your heart, brain, core, and nearly every muscle on your body. You are changing your brain patterns and how your hormones will be affected as they relate to aging and weight gain, not to mention, you will feel happier! One thing that all of the women that come into my gym agree on is this: "Strength training is an amazing stress buster that makes you forget what stressed you out in the first place!"

The biggest misconceptions with women is that they still seem to think that a treadmill or bike will change their shape and they are still closing their minds to what a set of free weights will do.

Could that be you?

Are you afraid to lift weights because you don't want to get too big or bulky? Maybe you are afraid you'll get hurt or simply just don't know what to do with a set of free weights. Do you think you will lose your flexibility? Afraid you'll look like those "women" in bodybuilding magazines? Are you thinking you might be too "old" to begin a weight training program?

NO WAY!! Let me get rid of some of the beliefs that women find hard to shake, and enlighten you to why weight training for a sexy, firm and youthful body is something you need to start today.

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Cardio is NOT the answer. It is now being studied that it is much more beneficial for women to lift weights, than to do cardio alone. I know, we have been told for so long, that the way to lose weight is to do endless hours of cardio, and the weight room is for the guys. If I was to tell you that you could cut your workout time by 88%, and, lose bodyfat, and inches, while gaining strength, would I have your attention?

At 56 years “old,” I have lifted weights for more than 20 years, and have a bodyfat range of around 18% give or take a few percentage points and a few pounds that I don't obsess about!

It is due to clean eating (most of the time), and short bursts of weight lifting that are done in a very methodical manner.

I am not a slave to exercise, diet foods, or boring meals in restaurants.

In my 20's I lived for cardio, was 20 lbs heavier, and chubby! A substitute instructor in my aerobics class one day had a body I would die for, so I stayed after to ask for tips. What she told me, was amazing! She said she NEVER did cardio! I didn't believe her then, but decided that what I had been doing, obviously wasn't working, so I started to lift weights and work out with a completely different mindset.

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Here is what REALLY made women take notice of what I was talking about for all those years and that cardio was not enough.

*What I experienced as I was getting to an age where most women “disappear” made me vow to share my secret with all of you.*

As a 50th birthday present to myself, I started training for and entered a figure competition. I vowed to “overhaul my body” and got on stage wearing a bikini, and received 2 trophies. I was competing with girls 25 years younger than me! I also entered my first Kettlebell competition that was based on endurance and form, and received a medal. I had NEVER competed in anything before, let alone at my age! These were things that most women never think is possible as you are getting on in years, and I want you to feel as energized and powerful as I do now!

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## Chapter 2

**How Changing your mindset will change your body.**



**YOU HAVE TO CHANGE YOUR MIND FIRST...  
THEN YOUR BODY WILL FOLLOW WHAT YOU BELIEVE!**

Girls, we are not weak. We are the stronger sex. We are the glue of the family. Unfortunately for some of us, we let our own health take the back burner. We recite excuses to ourselves and our friends of why we don't have time to take care of ourselves, exclaiming that to be the reason we are overweight. It is time to get rid of that nonsense! It is time for you to change that and to put yourself first.

Take care of what will be your best investment in the future. Regain your youthful power. Your physical strength and the ability to attain it is within your reach no matter how far away it feels.

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After I changed my mind and started to use dumbbells and completely forego all cardio, I lost a total of 15 lbs of fat within less than 2 months, (even though I lost more weight on the scale) felt great, and had never been leaner!

Years later, I went on to become a certified personal trainer, that specializes in sports nutrition. Not just for athletes, but for people (mainly women!) that want energy and want to lose fat and keep it off. I was so excited about my findings and watched how my own body changed, that I wanted to spread the word to women....stop doing cardio only, and stop cutting calories!

A woman's body needs muscle even more than a man because we lose it faster as we age due to hormones and aging. So forget the boring and useless hours on the treadmill, a girl's place is in the weight room! Now when I do "cardio", it is in the form of short functional intervals using either my bodyweight only, OR, with a set of dumbbells.

*Fat loss is what we want, not weight loss. Firm, tight and youthful curves are the goal of this plan. The most important thing you can do to lose body fat is to do anaerobic exercise and of course, eat a nutrient dense diet.*

What we used to think, based on studies most women still observe that were done in the 80's, was to do cardio for as long as possible. Right?...Not anymore!

*Current studies done by exercise physiologists tells us that it is proven that you can burn up to 25% MORE calories from fat, AFTER a session of weight training, than DURING a single session of cardio.*

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The “afterburn” is what is most significant, and can last for up to 48 hours depending on the order, and movement pattern that you follow in a workout. Since our ultimate goal is to burn calories from fat stores, this is the most efficient way to change the composition of your body. Nothing is more appealing, to men and women alike at any age, than a curvy but tight, firm and lean physique on a woman. Agreed?

The exercises in this plan are meant to be done in a certain order. The order is where the challenge is and where the biggest payoff will occur. The idea is to raise your resting metabolic rate. Metabolism is determined mainly by how much muscle you have on your body, incorporated with a few other factors. By increasing your fat to muscle ratio with the workouts in this plan, you can change your body from flabby and weak, to a lean, strong, fat burning machine!

***Ladies. If you only take one thing away from all of these words,  
let it be this.***

***Adding muscle to your body  
with strength training and bodyweight workouts  
will be your lifelong ticket to fatloss,  
and never having to follow a strict diet again.***

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## Chapter 3:

### 10 Compelling Reasons for Women to Lift Weights



***Let's get rid of old myths that prevents women from ever picking up a dumbbell or weight, and prevent them from having the lean, sexy and strong young bodies that they dream of!***

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**1.** It is physiologically impossible for women to bulk up quickly from bodyweight exercises or short burst weight training. Testosterone is the hormone responsible for muscle mass. Women simply do not have enough of it in their systems to build that much muscle. I have lifted weights for 25 plus years, and much heavier than most women at one point. Now, I use lighter weights with complex movements and patterns, and I am by no means, huge!

I am actually smaller, firmer, tighter, and leaner than when I did lift heavy weights and I feel more energized and love the way I look and feel.

**2.** By lifting weights correctly and in the manner described in this plan, you will take your muscles through their full range of motion. This will create over time lean, firm and flexible muscles. Soon, you will appear slimmer, will stand up straighter, and be stronger, all while raising your metabolic rate to levels that you had when you were young. Calories will be burning off automatically.

**3.** Strength training and bodyweight movement patterns are extremely important as women age. It has been shown that women gain strength at the same rate as men do. By taking charge of your strength, and flexibility, you will reduce your chances of falling, or having back problems later in life. Your belly, or your “core” will be flatter and your back will be stronger.

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4. Your skin and tissue will be tighter, your blood flow will be more efficient as your body will grow more capillaries giving you that “youthful glow”, so that you will appear many years younger. How’s that for extra bonuses?
5. By strengthening and creating resistance in your connective tissue, you increase the efficiency of the connection between your ligaments and bones, decreasing your chance of developing osteoporosis as you age and the likelihood that you will have a bone fracture.
6. You will get stronger instead of weaker as you age and look younger, more confident and erect, instead of hunched over and frail. You will not fear falling as you will be aware of your posture, your balance and your connection to your body. (have you heard of the “fall prevention” classes for the over 50 crowd?!)
7. You will have less body fat, and your hard work will be “showcased” by your sexy, sculpted muscles and your ageless body.
8. You will be less stressed as weight training is a great outlet for a day filled with pressure, and you’ll feel better about yourself because you will have created the body that you always wished you had...the one you admire on others will now be the one you see when you look in the mirror.

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**9.** Sleep is one of the best anti-aging fat loss necessities that people overlook. Aim for a minimum of 7 hours of uninterrupted sleep in a dark room. Turn off all tech devices 45 minutes before bedtime and read a book, or practice deep breathing. The right amount of sleep keeps hunger hormones turned off during the day and will keep you energized so that you can workout and feel energized the entire day.

**10.** Bigger Muscles Burn More Calories even while at rest. I cannot say this enough times. A slower metabolic rate means less lean muscle tissue and a weaker body. The workouts in this plan will give you strength, balance, a turbo charged metabolic rate and a sexy and sculpted body that never has to follow faddish or trendy diets or count calories EVER!

Get rid of old thoughts of getting too bulky or that you “cannot” do something to change. Don’t be afraid of muscles getting “too big.”

The only thing that will be too big is that pants you used to wear!

Plan your exercise sessions, like you would plan any other future engagement or important investment.

Remember, muscles are sexy.

You are sexy, and you are going to feel how powerful you are as you get stronger, and leaner while looking and feeling at least 10 years younger!

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## Chapter 4: Metabolism Raising Tips



**Ignite Your Metabolism and Burn Fat All Day Long With these 10 Metabolism Raising Tips!**

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- 1.** Don't be afraid to push yourself and remember why you WANT to feel and look amazing. It is very possible that within 21 days you could be down a size, and leaner! When working out, you should feel fatigued muscles, an increased heart rate and a burning feeling in your muscles! Get ready to "really feel your muscles and what they are capable of". Don't feel discouraged if you can only do a few of each exercise...as time goes on your body will get tougher, leaner, and tighter as you firm up those muscles and get rid of the flab! You WILL adapt and get stronger as you burn through stored fat! Imagine YOU with a firm, youthful sexy body!
- 2.** Eat for energy. Remember that your workouts need fuel like a car needs gas. Stick to unprocessed whole foods. Your body will show what and how you eat!
- 3.** If the workouts seem too easy, aim for more reps, or add more weight. Your muscles will build easily if you challenge them to something new, and that is how the sculpting begins.
- 4.** Eat lean protein with every meal. For every lean pound of bodyweight, you should eat at least 1 gram of protein.
- 5.** Know your bodyfat %. Use this calculator to determine how much of your body is fat. [Body Fat Calculator](#). Ditch the scale. It does not show if you are gaining muscle or losing fat. Take measurements, and before and after pictures to measure your progress.

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- 6.** Drink water all day long. Most people are in a state of dehydration that slows down every system in your body from your brain to your metabolic rate. Forget sweeteners, fake or sugary...drink plain filtered water, or add lemon, lime, cucumbers, or mint for a refreshing and cleansing drink.
  
- 7.** Get a minimum of 7 hours of sleep nightly. Sleep turns off hunger hormones, but lack of sleep turns them on high!
  
- 8.** Keep a positive mindset. You DO have the power to change your body no matter what you did in the past. It will take some time, but anyone, at any age can get leaner, stronger and fitter. NEVER GIVE UP!
  
- 9.** Enlist a friend or spouse for support. Or better yet, take up this challenge with them. Accountability is a sure thing when someone is taking this on with you.
  
- 10.** Reduce as much stress as possible. Cortisol is the belly fat hormone and it ages us. Eliminate as many stressors as possible from your job, to your friends to your daily life. Take control of your life so that you can get that lively, happy and fit body to come out of hiding!

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## Chapter 5.

**Congratulations! Tips on moving forward.**



**If you are to this point, then you are well on your way to the most youthful and sculpted body ever and fad diets and boring cardio will be a thing of the past!**

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Please e-mail me your before and after pictures. I want to hear from you, and you can consider me your “personal online coach” that is committed to your success!

I urge you to stick with this program. If you are looking for something even more challenging, you CAN use one or two of the Stages back to back...however, it is not better to workout more! Remember that exercise creates aging free radicals and you want to be vital from the inside out...looking great and feeling even better as you age with vitality.

Look in your inbox for regular e-mails that will keep you focused, motivated and excited about workouts, recipes, and all things fitness, wellness and anti-aging related as I have excellent sources of information that I will be sharing with you on a regular basis.

If you are not getting my newsletters, please enter your e-mail address on my blog at [www.ConstantEnergyFitness.com](http://www.ConstantEnergyFitness.com)

Be well. Live happily, mindfully, long and strong, as you create the sexy fit and lean body of your dreams!

Your Coach and Friend,

Dawn

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