



# LOSE WEIGHT WITHOUT EXERCISE

5-DAY EVENT  
WORKBOOK



# LOSE WEIGHT WITHOUT EXERCISE IS BROUGHT TO YOU BY

## AMANDA DANE



Amanda Dane was an overworked, fast-food junkie fueled by caffeine and sugar trying to climb the corporate ladder. And frustrated because she couldn't maintain her weight despite running long distances.

Now, as the founder of Nourishing Fundamentals, she's passionate about helping women end a lifetime of dieting. She uses a mindful eating approach and empowers women to work with their bodies to get results and quiet the nagging, judgmental chatter in their heads.

You can connect with Amanda through her [website](#) or on social media @nourishingfundamentals.

## DENISE BISCHOF

Denise Bischof is on a mission to help stressed and stuck female leaders and entrepreneurs who know they were meant for more, unleash their true potential and step confidently into the bigger vision and positive impact they're here to create. Not by working harder, but by making the inner shifts that set them free to reclaim their power and embrace their authentic leadership.

Her inspiration comes from her own journey as a non-profit leader when self-doubt and unhealthy boundaries led to overwhelm and burnout for a mission she really loved.

Now Denise uses her personal experience and 25 years in leadership, mental fitness, and transformational coaching to help women thrive. You can connect with Denise through her [website](#) or on social media @liveinspiredcoachingwithdenise.





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# Welcome

I'm sure when you read the title of this event - Lose Weight Without Exercise - you felt skeptical. You may have also been thinking "I don't ever have to exercise again???" Sweeeet!"

Here's the deal. Exercise is so important for health, but it's a poor way to lose weight. The fact is, you can't exercise your way out of a bad diet. Exercising isn't a free pass to eat all the things. Our bodies just don't work that way.

Exercise is still great for your health! There are too many reasons to list here, but here are a few examples.

- mental health
- bone health
- cardiovascular health
- stress reduction
- insulin sensitivity
- sleep quality
- balance and flexibility
- and so much more

And it's true, that lean muscle mass does increase your metabolism. It's also true that when you exercise...

- your body needs more calories, not less
- you don't earn your food
- a caloric deficit doesn't equal weight loss (your body isn't a calculator)
- it's a stress to the body (cardio and HIIT workouts may not be great for someone who is under a lot of stress already)

The intention of this event is to bring your attention to a few other factors that are related to weight loss. Despite not having time to exercise you can lose weight, regain your energy, and feel better in your skin.

You'll find all the information you need in this workbook, including a plan for success worksheet and a tracker for you to check off as we move throughout the week. It can be so satisfying to check a box, am I right?

We can't wait to get started!



# Simple Solutions

## THESE TASKS ARE THE FOCUS OF OUR 5-DAY EVENT

- Start your day with a full glass of water
- Eat breakfast daily
- Eliminate afternoon caffeine
- Avoid artificial sweeteners
- Meditate daily

You'll learn more about these topics in the following pages of the workbook and throughout the event.



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# Water

My clients tell me they know drinking water is important, but they still don't drink enough. One of my favorite ways to make sure my clients get in enough water throughout the day is by starting the day with a full glass of water. Yes...before coffee.

We are dehydrated upon waking and can easily drink 8-12 oz of water upon waking. When you begin your day hydrated, you'll notice when you need more water throughout the day. Thirst is the first sign of dehydration.

Often hunger is mistaken for dehydration and you may be snacking instead of drinking. I'm *not* the coach that will tell you that if you're hungry just drink a glass of water. But I am the coach that will tell you to be *mindful*. Stop and ask yourself if you're thirsty or hungry before hitting the vending machine.

## TIPS

- Put it somewhere obvious and easy to remember i.e. a bedside table, in front of your coffee machine, on your vanity
- Fill it up the night before - remove as many obstacles as possible
- Add lemon, mint, or make a cold herb tea if you don't like plain water
- If room temp water isn't your thing, you can invest in a double-walled, stainless steel bottle that will keep it hot or cold overnight
- Drink until you're not thirsty. It might be a little more or a little less than you anticipated. This is a great way to start listening to your body.



# Breakfast

Eating breakfast wakes up your digestion and kick-starts your metabolism. Choosing a breakfast low in carbohydrates will keep you satiated and full until the next meal. It will also keep your blood sugar steady which will prevent hanger and cravings.

Breakfast is the first meal of the day, but doesn't have to be when you first wake up, before you leave the house, in the car, etc. Yes, it needs to be convenient for your schedule, but it also needs to be when you're actually hungry.

Need another reason to eat breakfast? Starting your day with a good choice leads to more good choices. Your mind chatter is real. When you look for a loophole, you'll find it. Set yourself up for success the whole day by incorporating these simple solutions for the week.

## TIPS

- Eat when you're hungry
- Don't overcomplicate it. Find a recipe you like for the week and stick to it. You can eat the same thing every day if that makes life easier. I recommend you choose 1-3 options only for the week.
- Avoid washing your breakfast down with sugar. Skip the latte and have black coffee, coffee with heavy whipping cream, or unsweetened non-dairy milk instead.
- Not a coffee drinker? Stick with water or herbal tea. Consider a [Spindrift](#) or [JUST Water](#) in lieu of a soft drink.



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# Afternoon Caffeine

I know you're tired and that cup of coffee, fizzy soft drink, or energy drink in the afternoon is what gets you through the rest of the day. But just consider this week an experiment. Yes, you may feel lousy by bedtime on the first day, but you may sleep better than ever waking with more energy.

You may even want to crawl into bed 15-30 minutes earlier than normal. (YAY!) You may not be saying yay...yet. I get it. I also have a long list of to-dos and often feel like I need to stay up to get "one more thing" done. But I've learned that it's much better to just go to bed. Often times the next day that "thing" isn't so important anymore or I find it takes half the time when my brain is fully functioning.

Plus, when you sleep well, you have fewer cravings and steady energy throughout the day. I think we can all agree that's a big YAY!

## TIPS

- If you're feeling a dip in your afternoon energy, try having some water and a light snack. I know, it seems counterintuitive, you want to lose weight and I'm telling you to eat. Your body needs energy and food is fuel. Restricting your eating and fueling on caffeine is not giving your body nutrients. It could also be slowing your metabolism. Try having an apple with nut butter, a handful of nuts, or berries and yogurt.
- If this is a daily occurrence, focus on getting 7-8 hours of quality sleep each night. It can be a game changer. Less stress on the body, fewer cravings, and less brain fog. That's another big YAY!



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# Artificial Sweeteners

Zero calories sounds good in theory, but actually artificial sweeteners are doing zero good things for your body. It's time to ditch the artificial sweeteners because they are sabotaging your good intentions.

First, they are destroying your good gut bacteria. We now know how important a healthy microbiome is for health and our immune system.

Regardless of calories, they taste sweet and that means:

- 1) they still cause an insulin release making your body store more body fat. Your brain doesn't know that it's zero calories, it just knows to signal insulin.
- 2) they are 10-1,000 times sweeter than table sugar and they desensitize your taste buds making you need more sugar to get the same taste profile.
- 3) they perpetuate cravings. In fact, studies show that people that drink diet soft drinks actually consume more calories in a day.

## TIPS

- Avoid anything that says zero calorie, sugar-free, or diet. These all likely contain artificial sweeteners.
- Many people are familiar with artificial sweeteners like equal, sweet n low, and truvia. However, most people don't know about acesulfame potassium or Ace K and it's in *everything*.
- If you're going to have sugar, I'd much rather you have the real thing and likely so would you. There is no benefit to consuming artificial sweeteners and they're not superior because they're low calorie or no calories. That's just what the diet industry wants you to believe.



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# Meditation

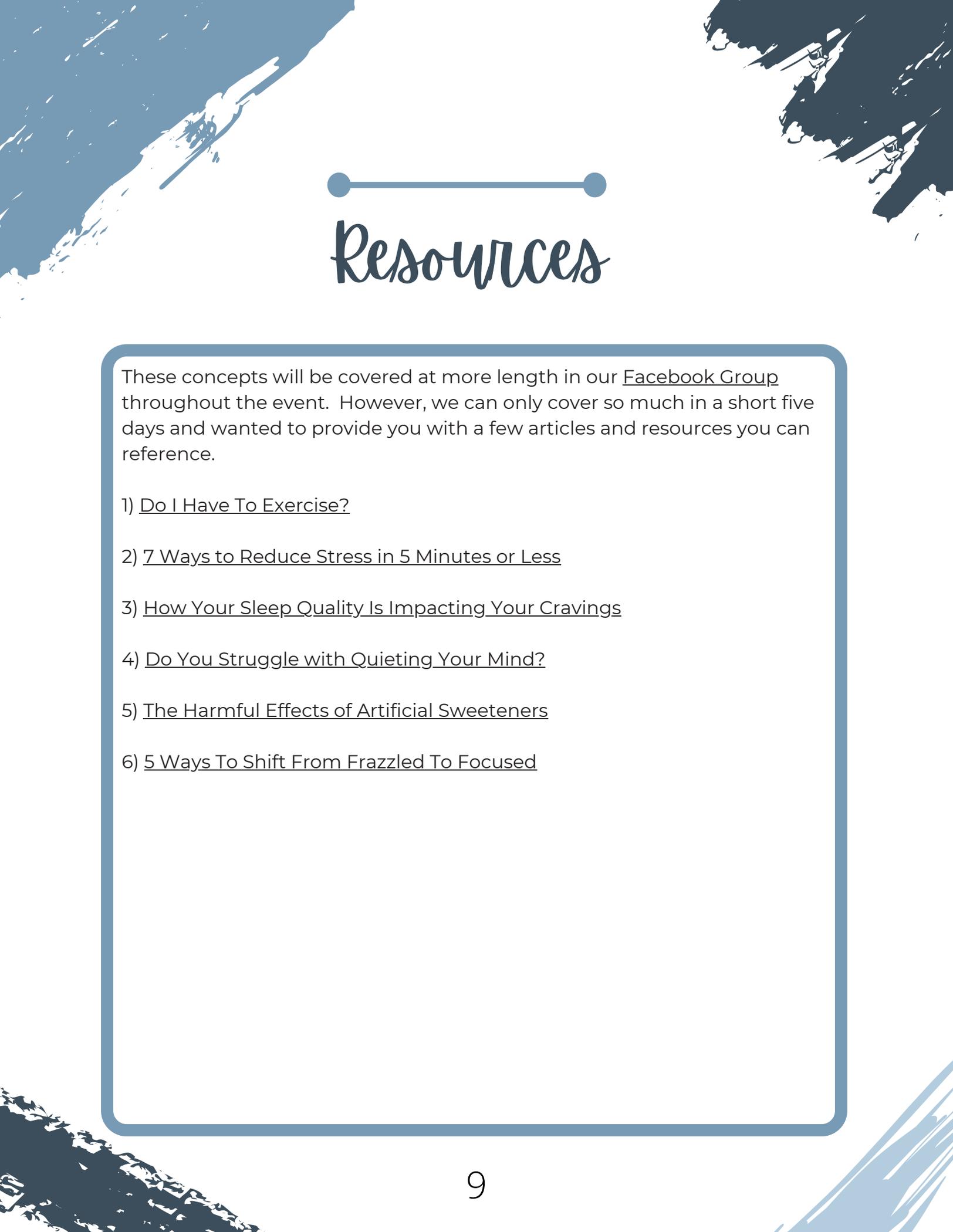
Meditation sounds like torture to most of my clients at first. When you're busy and have very little time the thought of sitting still and being unproductive is the worst. But it's also one of the most impactful changes that they can make when it comes to managing their stress.

If you immediately said to yourself..."ugh, not doing that." then you especially need to try this five-day experiment. (I know because I felt the same way.)

Meditation can be done at any time making it incredibly convenient and simple. For my clients, it can be a great way to start or end their day. I personally like to do it before bed as part of my sleep ritual to quiet my mind so I can ease into sleep and sleep more soundly. But choose what works best for you. Check out the tips below and in the Resources section.

## TIPS

- Choose the when and where - then set an alarm to remind you. You won't remember and when you're not excited about something you'll want to avoid it.
- Don't overthink it! Don't worry about doing it "right". Try not to judge your experience because it will only lead to more stress.
- It will feel awkward and uncomfortable at first. Do it anyway. It will get easier.
- Make the body comfortable, lying down is great.
- If you want to try it multiple times a day to see what works best for you, that's okay too. In this case, being an overachiever will benefit you.



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# Resources

These concepts will be covered at more length in our [Facebook Group](#) throughout the event. However, we can only cover so much in a short five days and wanted to provide you with a few articles and resources you can reference.

- 1) [Do I Have To Exercise?](#)
- 2) [7 Ways to Reduce Stress in 5 Minutes or Less](#)
- 3) [How Your Sleep Quality Is Impacting Your Cravings](#)
- 4) [Do You Struggle with Quieting Your Mind?](#)
- 5) [The Harmful Effects of Artificial Sweeteners](#)
- 6) [5 Ways To Shift From Frazzled To Focused](#)



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# Recipes + Ideas

Choose one to three recipes for the week ahead. Shop for the ingredients, prep ahead if needed, and set your reminder for tomorrow.

The recipes provided are quick and easy. Think batch cook and reheat, keep cold until you're ready, easy to transport, and quick to whip up in under 10 minutes.

There are recipes with eggs and some without. You can always add a couple of eggs to go with any non-egg recipe.

Feel free to modify the recipes to your liking.

- Don't like blueberries, use a different berry.
- Not a fan of smoked salmon, use sausage.
- Don't have every ingredient, make a substitution.

Please ask questions in our [Facebook Group](#) if you need to find a substitute or swap for an ingredient. I'm happy to help.

Anytime you're starting something new it takes time to make it a habit. Set a reminder to grab your breakfast before you leave the house or add a note in your calendar to eat breakfast between calls and meetings.

# My Plan for Success

These are the recipes I plan to make for breakfast this week.

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This is where I'll keep my full glass of water to start my day.

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This is what I'll have/do in the afternoon to wake up instead of having caffeine.

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I will be avoiding these items that contain artificial sweeteners. Check your pantry and refrigerator so that you know what to avoid this week. Here are some examples.

- |  |   |
|--|---|
| <input type="checkbox"/> Diet, Zero Calorie, Light, No Sugar Beverages | <input type="checkbox"/> Salad Dressing                               |
| <input type="checkbox"/> Sugar-free Coffee Creamer                     | <input type="checkbox"/> Yogurt                                       |
| <input type="checkbox"/> Bread   | <input type="checkbox"/> 100 Calorie Packs                            |
| <input type="checkbox"/> Granola                                       | <input type="checkbox"/> Alternative Sweeteners (i.e. equal, splenda) |
| <input type="checkbox"/> Ketchup                                       | <input type="checkbox"/> Meditate daily                               |

This is when and where I plan to meditate this week.

When: \_\_\_\_\_ am/pm    Where: \_\_\_\_\_

# Daily Checklist

## MONDAY

- Start your day with a full glass of water
- Eat breakfast daily
- Eliminate afternoon caffeine
- Avoid artificial sweeteners
- Meditate daily

## TUESDAY

- Start your day with a full glass of water
- Eat breakfast daily
- Eliminate afternoon caffeine
- Avoid artificial sweeteners
- Meditate daily

## WEDNESDAY

- Start your day with a full glass of water
- Eat breakfast daily
- Eliminate afternoon caffeine
- Avoid artificial sweeteners
- Meditate daily

## THURSDAY

- Start your day with a full glass of water
- Eat breakfast daily
- Eliminate afternoon caffeine
- Avoid artificial sweeteners
- Meditate daily

## FRIDAY

- Start your day with a full glass of water
- Eat breakfast daily
- Eliminate afternoon caffeine
- Avoid artificial sweeteners
- Meditate daily