

**TANKING METABOLISM?
3 SURPRISING REASONS
& SIMPLE SOLUTIONS**

-SHAWNA KAMINSKI

Let's Dig In!

Listen to the podcast (or listen again!) and fill in the following...The simple act of writing things down will help you remember the facts and increase the likelihood that you'll take action (the MOST important thing!)

Possible causes of metabolism slow down after 40:

1. _____
2. _____
3. _____

Body composition changes are caused by:

1. _____
2. _____
3. _____

Best type of exercise to increase metabolism:

This type of diet causes **insulin resistance**:

I will make the following 3 nutritional changes in the next couple weeks:

1. _____
2. _____
3. _____

These 2 factors can eliminate insulin resistance:

1. _____
2. _____

The #1 hormone imbalance in women is: _____

These are the three blood levels to be tested for **hypothyroidism**:

1. _____
2. _____
3. _____

Tips to reduce hypothyroidism triggers:

1. _____
 2. _____
 3. _____
 4. _____
- _____

My Plan for Change:

Make sure to go to my Facebook group called: [Healthy Secrets for Women 40+](#) for lots of information, motivation and support.

*To work more closely with me, [apply here](#).