



**FABULOUS AFTER
50!**

5

**Winning
Strategies to
Perform Better
Than Ever!**

Welcome!



Hi my name is Victoria Borges, they call me 'Queen" I'm a renowned fitness expert, America's Fit Ms. 2021, multiple pageant winner and International Fitness and Mindset Coach. I am a NASM-certified personal trainer with specializations in weight loss and fitness nutrition. With over 40 years in the fitness industry and 58 years of life experience. I possess a wealth of knowledge, tools, tips, strategies, secrets to share. My Purpose is to Inspire girls and women to discover their excellence and strength Body, Mind and Spirit through Health and Fitness. To lead by example and teach what I know, to empower each one of you to reach within and discover your divine purpose, take positive inspired action with faith and courage to Create and Live Your Best Life Now!

LOVE WHO YOU ARE, BELIEVE IN YOURSELF and LIVE VICTORIOUSLY!

Victoria

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HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want simple steps to follow and even simpler actions to take that will help you make progress and get results.

Follow these steps below for best results.

STEP #1

Read through the NAME OF GUIDE in its entirety first.

STEP #2

Join the free Facebook Group called: FAITH, HEALTH & FITNESS
CLICK HERE TO JOIN.

STEP #3

Plan ahead.

Put time into your daily schedule to follow through with the steps in this guide. If you have questions, you can ask them inside of the FAITH, HEALTH & FITNESS FB GROUP.

STEP #4

Focus on the wins.

It's easy to get distracted, off track and disappointed when you don't see results immediately. Remember that CHANGE won't happen overnight but it will happen as long as you don't quit. By focusing on the small wins, you'll keep yourself motivated to continue and the Big Wins will follow.

STEP #5

Ask for help.

If you want to get results faster, the best way is to ask for help. I work with women who are busy, at mid-life, successful and outwardly put together enviably in control. as we go to help them as they go through via The Perfect For Your Purpose program. If you'd like more information about it, you can email: victoriaborges@perfectforyourpurpose.com

Ok, now that you have the steps to be successful, now it's time for my favorite part, putting them into action.

LET'S GO!

5 WINNING STRATEGIES!

#1

Optimal Nutrition:

Fuel your body with nutrient-rich foods to support energy, focus, and overall well-being. Prioritize a balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

Easy and Effective Technique:

Incorporate the "plate method" for balanced meals. Fill half of your plate with vegetables, one-fourth with lean protein, and one-fourth with whole grains. This technique ensures a well-rounded and nutrient-dense meal.

On-the-go Snacks:

Keep a stash of healthy portable snacks with you for busy days. Opt for portable options like fresh fruit, pre-cut vegetables with hummus, nuts and seeds, or peanut butter. These snacks provide a combination of essential nutrients

and help sustain energy levels throughout the day. Make sure you have protein snacks as well. Greek yogurt, protein drinks and hard boiled are easy to prepare and carry.

#2

Stress Management:

Implement proven stress management techniques to optimize performance and maintain control.

Easy and Effective Technique:

Practice deep breathing exercises. Take slow, deep breaths, inhaling through your nose and exhaling through your mouth. This technique activates the relaxation response, reduces stress, promotes a calm state of mind and feeling of relief. Do this anytime feel anxious, overwhelmed and out of control. What's great about this practice is that you can literally do this anywhere unnoticed.

#3

Effective Time Management:

Time is ONE of your greatest resources and asset. We all get the same 24 hours per day, the question is HOW are YOU spending your time? What value do you give your time? Or what's your time WORTH? TO YOU? It's YOUR TIME, you decide. Prioritize tasks and create a schedule that allows for focused work, include rest, and self-care.

Easy and Effective Technique:

Use the "Pomodoro Technique" for increased productivity. Set a timer for 25 minutes and focus on a single task without distractions. Take a 5-minute break, then repeat the cycle. This technique helps maintain focus, prevents burnout, and ensures regular breaks for physical movement and mental rejuvenation.

Queen's BONUS Tip!

Invest in a planner that suits your needs and preferences. Use it to map out your weekly schedule, as well as your daily schedule by the hour. Block time for important tasks, allocate time for self-care activities, and set reminders for due dates. This helps you stay organized, manage your time effectively, and maintain control over your commitments. Additionally, journaling allows you to reflect on your progress, write down your goals, and capture any insights or ideas that arise. It can serve as a tool for self-reflection and personal growth.

#4

S.M.A.R.T. Goals

Goal setting is a powerful technique that helps you clarify your desired results, stay focused, and track your progress. One popular approach to goal setting that I love is using the SMART acronym, which stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Let's break down each element of SMART goal setting and provide an easy strategy:

Specific: Clearly define your goal by being specific about what you want to achieve. The more specific you are, the better you can plan and take actionable steps towards your goal.

Queen's Strategy:

Instead of setting a vague goal like "Improve fitness," make it specific by stating, "Complete a 30-minute cardio workout three times a week."

Measurable: Establish concrete criteria to track your progress and determine when you've achieved your goal. Measurable goals provide a clear indication of success and help you stay motivated.

Queen's Strategy:

Define measurable progress for your goal, such as "Increase flexibility by touching toes without bending knees within six weeks" or "Reduce body weight by five pounds in three months."

Achievable: Ensure that your goal is attainable and realistic within your capabilities. Set goals that challenge you but are still within reach. This boosts your confidence and motivates you to strive for success.

Queen's Strategy:

Consider your current fitness level and available resources. Instead of setting an unattainable goal like "Run a marathon in two weeks without prior training," set a more achievable goal like "Complete a 5K run in three months after gradually building up endurance."

Relevant: Align your goals with your values, interests, and long-term aspirations. Make sure your goals are meaningful and relevant to your overall well-being and personal growth.

Queen's Strategy:

Choose goals that resonate with your passions and interests. For example, if you enjoy dancing, set a relevant goal like "Learn a new dance style and perform at a local community event within six months."

Time-Bound: Set a specific timeframe or deadline for achieving your goal. Having a time-bound goal creates a sense of urgency and helps you stay focused and accountable.

Queen's Strategy:

Determine a realistic timeline for your goal. For instance, "Complete 10 minutes of daily meditation or breathing technique for one month" or "Fit into your favorite dress comfortably by your birthday in four months."

#5

Power of Visualization:

Imagined Outcome vs. Real Experience The brain doesn't always distinguish between an imagined experience and a real one. When you vividly visualize an outcome, your brain activates the same regions and neural connections as it would during the actual experience. This process stimulates the release of neurotransmitters and hormones associated with positive emotions and motivation. By repeatedly visualizing success, you reinforce neural pathways that support confidence, belief, and focus, making it more likely for you to take actions aligned with your visualized goals.

Powerful and Easy Visualization Technique:

To convince your brain that your imagined outcome is real, follow these steps:

#1. Find a quiet and comfortable space:

Sit in a peaceful environment where you won't be interrupted

#2. Close your eyes and relax:

Take a few deep breaths to calm your mind and body.

#3. Create a vivid mental image:

Visualize yourself successfully achieving your desired outcome. Engage all your senses to make the image as detailed and realistic as possible. See the colors, hear the sounds, feel the emotions, and experience the sensations associated with your achievement.

#4. Add positive emotions:

Connect with the positive emotions you would feel upon accomplishing your goal. Feel the joy, satisfaction, and excitement as if you were truly experiencing the success in the present moment.

#5. Repeat regularly:

Practice visualization regularly, ideally once or twice a day, for several minutes each session. Consistency is key to reinforcing the neural pathways associated with your desired outcome.

Remember, visualization is a powerful tool, but it should be complemented by real-world actions and efforts. The purpose of visualization is to align your thoughts, beliefs, and emotions with your goals, increasing your motivation, focus, and confidence. Combine visualization with deliberate action steps towards your goals to maximize your chances of success.

STAY STRONG, BODY, MIND & SPIRIT!

Victoria Borges, "Queen"