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FREE MINI COURSE

Your 30-Day Mind-Body Reset

For women 40+ and beyond: calm stress, harmonize hormones, and restore energy—without extreme diets.

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Updated 2025-08-17

Welcome

This concise mini course gives you the essentials to calm your nervous system, steady energy, and build routines you can keep. Work through five short lessons (10–15 minutes each), apply one simple action the same day, and track consistency using the included templates.

How to Use

1) Read or watch each lesson • 2) Complete the quick action • 3) Use the planner/trackers • 4) Review wins weekly. Consistency beats intensity.

Syllabus

Lesson	Topic	Key Outcomes	Materials
1	Calm the Nervous System	Flip from fight/flight to calm on command	Guide + 5-min breathing script
2	Plate Formula & Blood Sugar	Steady energy, fewer cravings	Plate builder worksheet
3	15-Minute Strength & Mobility	Stronger, looser, pain-free movement	3x weekly stacks
4	Evening Reset & Sleep	Deeper sleep, better recovery	Evening checklist + sleep log
5	Integration & 30-Day Plan	Personalized routine & weekly checkpoints	30-day planner + habit tracker

Lesson 1 — Calm the Nervous System

Overview

- Chronic stress keeps cortisol high, disrupts sleep, and drives cravings.
- Core skill: Long-exhale breathing (inhale 4, hold 2, exhale 6–8) for 5 minutes.
- Do now (5–7 min): 10–15 cycles of long exhales—shoulders soft, jaw relaxed.
- Bonus: 3-minute walk outside or light stretch to anchor calm in the body.

Checklist

- Use the Calm-on-Command Breathing Script included in your kit.
- Pick one “calm cue” (e.g., open laptop → 1 minute of long exhales).
- Track completion in your Habit Tracker.

Tip: Consistency beats intensity. Done beats perfect.

Lesson 2 — Plate Formula & Blood Sugar

Overview

- Balanced meals stabilize glucose and energy, reducing afternoon crashes.
- Formula: Protein (20–40g) + Colorful veg (1–2 fists) + Smart carbs (1 cupped hand) + Healthy fats (1–2 thumbs).
- Do now (10 min): Plan your next two plates using the Plate Builder worksheet.

Checklist

- Eat 2–3 meals/day, 4–5 hours apart; walk 10–15 minutes after meals.
- Start protein-forward breakfasts to curb cravings.
- Log meals and energy in your Planner for 3 days.

Tip: Consistency beats intensity. Done beats perfect.

Strength & Mobility Stacks (15–30 Minutes)

Use these simple strings of movements 3 days/week. Choose 1–2 sets based on time and experience.

Day	Strength (8–12 reps)	Mobility (30–45s)
Mon	Bodyweight squats Incline push-ups Hip hinge (good mornings) Dead bug	World's greatest stretch Cat-cow Ankle rocks
Wed	Split squats Chair or band rows Glute bridge Plank	90/90 hip switches Thoracic rotations Hamstring floss
Fri	Reverse lunges Pike push-ups Single-leg RDL Side plank	Pigeon or figure-4 Child's pose Calf stretch

Form tips: Move in pain-free ranges, keep a neutral spine, and breathe through the nose when possible.

30-Minute Strength & Mobility Tracker — 4 Weeks

Check off sessions and note progress. Aim for 3 sessions per week.

Week	Mon	Wed	Fri	Bonus Walk/Stretch	Notes
Week 1	■	■	■	■	
Week 2	■	■	■	■	
Week 3	■	■	■	■	
Week 4	■	■	■	■	

Lesson 4 — Evening Reset & Sleep

Overview

- Recovery locks in fat loss, mood, and focus.
- Evening Reset (20 min): Screens down • Light stretch • Breathing • Prep tomorrow • Gratitude 3.
- Do now (10 min): Set a nightly “lights down” alarm + lay out your quick wind-down.

Checklist

- Keep bedroom cool, dark, and quiet; consider white noise.
- Caffeine curfew: 8–10 hours before bedtime.
- Use the Sleep Tracker for 7 nights; note patterns.

Tip: Consistency beats intensity. Done beats perfect.

Lesson 5 — Integration & Your 30-Day Plan

Overview

- Goal: Turn lessons into a routine that sticks.
- Weekly cadence: Strength x3 • Walk most days • Plate formula at 2+ meals • Evening Reset nightly.
- Do now (10 min): Fill the 30-Day Planner with your training days, meal targets, and wind-down.

Checklist

- Choose one accountability lever: friend, calendar alerts, or weekly check-in.
- Review wins every Sunday; adjust next week's plan.
- Keep it simple; small hinges swing big doors.

Tip: Consistency beats intensity. Done beats perfect.

Starter Kit Templates

Use these print-friendly templates to lock in consistency and measure progress.

30-Day Planner

Day	Plate ✓	Hydration ✓	Walk ✓	Strength/Mobility ✓	Evening Reset ✓	Wins / Notes
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						
Day 15						
Day 16						
Day 17						
Day 18						
Day 19						
Day 20						
Day 21						
Day 22						
Day 23						
Day 24						
Day 25						
Day 26						
Day 27						
Day 28						
Day 29						
Day 30						

Sleep Tracker

Day	Bedtime	Wake Time	Total Hrs	Quality (1-5)	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
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19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Hydration Tracker

Day	Ounces Target	Ounces Drank	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
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Plate Formula — Blood Sugar–Steady Plates

Build each plate with: 1–2 palm portions protein (20–40g) • 1–2 fists colorful veg • 1 cupped hand smart carbs (adjust to activity) • 1–2 thumbs healthy fats.

Guidelines: Eat 2–3 meals/day, space 4–5 hours apart • Walk 10–15 minutes post-meal • Protein at breakfast to curb cravings • Add fiber/veg if afternoon crash.

Sample Plates

- Greek yogurt + berries + walnuts + cinnamon
- Salmon + quinoa + roasted broccoli + olive oil
- Omelet (eggs + veg) + sliced avocado + fruit
- Chicken stir-fry + mixed veg + small serving of rice

Evening Reset — 20-Min Wind-Down

- Screens off / warm light (ideally 1–2 hours pre-sleep)
- Light stretch or mobility (5 minutes)
- Calm-on-Command breathing (5 minutes)
- Prep tomorrow: outfit, water bottle, 3-item to-do
- Gratitude + wins: write 3
- Bedroom: cool, dark, quiet (fan/white noise if needed)

Mindset Prompts — Stress → Momentum

- What's one action I can take in under 5 minutes that makes today easier?
- Where did I keep a promise to myself yesterday? What's today's promise?
- If I felt 20% calmer right now, what would I do next?
- Which emotion needs naming? (Name it → Normalize it → Next step)
- What story am I telling about my body? What's a truer, kinder one?
- What single habit gives me the greatest return today?
- Who can I ask for support or accountability this week?
- What would 'future me' thank me for doing in the next 10 minutes?

Calm-on-Command — Guided Breathing (5 Minutes)

Setup: Sit tall, shoulders soft. Tongue on the roof of the mouth. Breathe through the nose.

Inhale 4 seconds → hold 2 → exhale 6–8 seconds. Repeat 10–15 cycles.

On each exhale, relax jaw, shoulders, belly. Think: 'longer out than in'.

Coaching cues (read aloud): "Inhale... 2... 3... 4... Hold... 2... Exhale... 2... 3... 4... 5... 6..."

"Soften the eyes. Unclench the jaw. Drop the shoulders."

"Let the breath be smooth and silent. Longer exhales signal safety."

Finish: 3 slow breaths. Notice calm, clarity, and warmth in your chest.