



**5 Simple Steps  
to Energy,  
Balance, and  
Fitness for Busy  
Women**



# Welcome

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Hi, I'm Deb Goodge, Fitness Coach and founder of IDG Fitness. My mission is to empower busy women like you to take charge of your health, feel amazing, and boost your confidence.

As a mom of three and a busy professional, I understand how hard it is to prioritize fitness with a packed schedule. I've been there—struggling to balance work, motherhood, and self-care—but I found strategies that worked.

These same tips helped me integrate fitness into my life, stay energized, and feel confident, and now I want to share them with you.

This guide is built for women who want to feel balanced and healthy without sacrificing their busy lives. Ready to get started? Let's transform your routine together!

Deb Goodge  
Founder of IDG Fitness



# 1. Fitness Tips for Busy Women

## Integrating Movement into Your Day

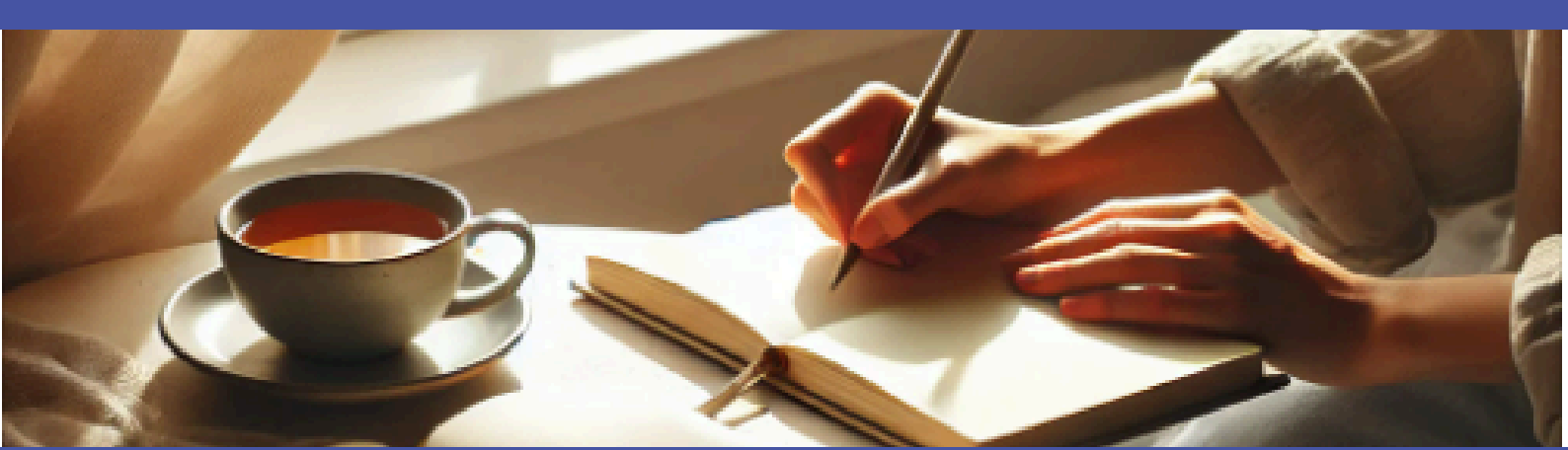
- Take advantage of opportunities to move, like walking during phone calls or doing quick stretches at your desk. Try neck rolls, seated torso twists, or wrist stretches to stay flexible and energized.
- Park farther from entrances or take the stairs instead of the elevator.
- Use short breaks for micro-workouts like squats, lunges, planks, or walking.

## 4-Minute Tabata Workouts

- Tabata workouts are perfect for busy women. These are short, high-intensity interval training sessions (20 seconds of work, 10 seconds of rest, repeated eight times).
- Example:
  - Round 1: Jump squats
  - Round 2: Push-ups
  - Round 3: Mountain climbers
  - Round 4: High knees

## Setting Realistic Goals

- Break your fitness goals into smaller, manageable pieces. Instead of committing to a one-hour workout, aim for 15 minutes daily.
- Use habit stacking (e.g., "After brushing my teeth, I will do 10 squats") to make exercise



## 2. Energy-Boosting Habits

### **Morning Routines for Success**

- Start your day with a glass of water and a few minutes of stretching or light yoga.
- Choose one "win" for the day to focus on and write it down.

### **Hydration and Nutrition**

- Aim for at least 8 glasses of water daily. Keep a refillable bottle nearby.
- Prepare quick, energy-packed snacks like nuts, yogurt, or fruit for when hunger strikes.

### **Breathing Exercises**

- Try box breathing: Inhale for four counts, hold for four counts, exhale for four counts, and repeat.
- Practice this when stressed to center your mind and calm your body.

### **Mindfulness Practices**

- Start or end your day with 3-5 minutes of gratitude journaling.
- Use mindful eating techniques to fully enjoy your meals without distractions.

### **Scheduled Breaks**

- Set an alarm for every 50-60 minutes to step away from work and stretch.
- Incorporate 5-10 minutes of light activity to refresh your focus.

# 3. The Time-Efficient Fitness Formula



**20-minute workout plan:** integrate cardio, strength, and flexibility, structured for balance and efficiency

- Cardio: Jumping jacks, burpees, and shadow boxing.
- Strength: Bodyweight squats, push-ups, and planks.
- Flexibility: Dynamic stretches, yoga poses, or foam rolling.

## **20 Minute Home Workout:**

### Warm-Up (3 minutes)

- Dynamic Stretches: Arm circles, leg swings, and torso twists (1 minute)
- Jumping Jacks: Light intensity to elevate heart rate (1 minute)
- Shadow Boxing: Light punches while bouncing on feet (1 minute)

Circuit Training (15 minutes): Perform each exercise in sequence. Rest for 30 seconds after completing all exercises, then repeat for 2 rounds.

### Cardio (2 minutes)

- Jumping Jacks: 30 seconds
- Burpees: 30 seconds
- Shadow Boxing: 1 minute, alternating jabs, hooks, and uppercuts.

# 3. The Time-Efficient Fitness Formula (Cont'd)



## 20 Minute Home Workout Circuit:

### Strength (3 minutes)

- Bodyweight Squats: 45 seconds
- Push-Ups: 45 seconds
- Plank Hold: 30 seconds, resting if necessary.

### Flexibility (2 minutes)

- Yoga Poses: Alternate between Downward Dog and Cobra pose, holding each for 15 seconds.
- Foam Rolling: Target the thighs and back for recovery (if foam roller available) or perform deep lunges for hip flexibility.

### Cool Down (2 minutes)

- Perform static stretches focusing on major muscle groups used (e.g., hamstrings, quads, chest, shoulders).
- Deep breathing to lower the heart rate.

### Notes:

- Modify exercises based on your fitness level (e.g., knee push-ups for beginners).
- Ensure proper form, especially for strength exercises, to prevent injury.
- Track your progress and intensity using RPE (Rate of Perceived Exertion).

## 3. The Time-Efficient Fitness Formula (Cont'd)



### Maximizing Results

- **Consistency is Key:** Stick to a regular workout schedule to see continuous improvement. Aim for at least 3-4 sessions per week.
- **Progressive Overload:** Gradually increase the intensity, duration, or resistance of your workouts to challenge your body and avoid plateaus.
- **Nutrition:** Fuel your body with balanced meals and stay hydrated to support your fitness goals and improve recovery.
- **Recovery:** Allow time for rest and recovery to prevent injuries and improve performance. Incorporate rest days and consider practices like stretching or foam rolling.
- **Set Goals:** Define clear, achievable fitness goals to stay motivated and track your progress regularly.

### Staying Active While Traveling

- Pack resistance bands or use bodyweight exercises to stay fit.
- Explore new cities by walking instead of relying on taxis or public transport.

# 4. The Self-Care Reset Checklist



## Daily Self-Care Actions

- Drink water first thing in the morning.
- Spend five minutes outdoors, whether it's a walk or a moment in the sun.

## Weekly Self-Care Actions

- Take an hour for something you love—a hobby, a class, or just rest.
- Prep meals or snacks to reduce stress during the week.

## Monthly Self-Care Actions

- Schedule a massage, a spa day, or a “me day” without obligations.

## Reflection Prompts

- What’s stopping you from prioritizing yourself?
- How do you feel after dedicating time to self-care?





## 5. Meal Prep Made Simple

### Quick Meal Prep Hacks

- Batch cook on Sundays to have ready-to-go meals for the week.
- Prepare 2-3 core meals such as grilled chicken, roasted veggies & quinoa which can be reused throughout the week in different combinations.

### Smart Grocery Shopping

- Stick to a list and focus on whole foods.
- Stock up on pantry staples like chicken, eggs, quinoa, canned beans, and frozen vegetables to quickly assemble healthy meals.

### Healthy On-the-Go Options:

- Pack easy snacks like protein bars, nuts or trail mix for busy days to avoid unhealthy choices.

### Dining Out Made Healthy:

- Opt for grilled dishes, replace fries with salads, and request dressings on the side to keep dining out nutritious.

# Printable Checklist

## Daily Self-Care Actions

- Drink water first thing in the morning.
- Spend 5 minutes outdoors, whether it is a walk or a moment in the sun.
- Take 2 minutes for deep breathing exercises to center your day.
- Express gratitude by writing or thinking of 1-2 things you are thankful for.
- Stretch for 5 minutes to wake up your body.

## Weekly Self-Care Actions

- Dedicate 1 hour to something you love, a hobby, a class, or just rest.
- Meal prep your favorite healthy dishes for the week.
- Declutter one small space to reduce stress and promote calm.
- Connect with a friend or loved one for meaningful conversation.
- Schedule a workout or physical activity you enjoy.

## Monthly Self-Care Actions

- Schedule a massage, spa day, or a personal me day.
- Review your goals and celebrate your achievements.
- Try something new, a class, a hobby, or an experience.
- Reflect on the past month and set intentions for the next.
- Dedicate time to disconnect from devices and social media.

# Next Steps



Congratulations!

You've officially completed this guide.

If you went through step by step, you should have much more clarity on how to stay energized, feel confident and integrate fitness into your life.

But why should we stop here?

Let's keep this momentum going!

Click the link below to see how i can help.

The [REVIVE Method: Build Strength, Energy & Confidence](#)



# Disclaimer

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