

A woman with blonde hair, Denise Austin, is standing in a doorway, leaning against the frame. She is wearing a white halter-neck crop top and white high-waisted pants with a wavy pattern. She is smiling and looking towards the camera.

# Denise Austin's **STRONG BODY** **STRONG MIND**

Your Mini-Guide to  
Vibrant Longevity

This FREE mini-guide is your inspiring companion to my 100-page **Strong Body, Strong Mind** magazine, packed with practical steps to help you build strength, clarity, and lasting vitality.

*Let's Get Fit & Happy Together!*

*Denise Austin*

Physical & Emotional Strength  
Starts Now!

# Denise Austin's Fit Over 50: STRONG BODY, STRONG MIND

Available Now!



*"I am so excited about this Strength Issue! Strength isn't just about lifting weights (although strong muscles and bones are so important as we age), it's about lifting ourselves up physically, mentally, and emotionally!"*

*Denise Austin*

Your complete guide to a strong mind and body is here! [Denise Austin's Fit Over 50: Strong Body, Strong Mind](#) is 98 pages of workouts, tips, recipes, and wellness and health insight, all designed to help you get on the path to a strong and resilient lifestyle! Pick it up today for access to:

- A 7-day fitness plan to help you build strength and resilience
- Dozens of delicious, protein-forward recipes plus a 7-day meal plan!

- Expert-led strategies to keep your brain and heart healthy
- Mindset tips to help you manage what life brings to the table

And more! It's your go-to keepsake guide on building a strong body, strong mind and strong, positive life!

[Buy it Now](#) or find it at retailers such as Walmart, Target, Kroger, Albertsons, CVS, Walgreens, and Barnes & Noble!

## WELCOME

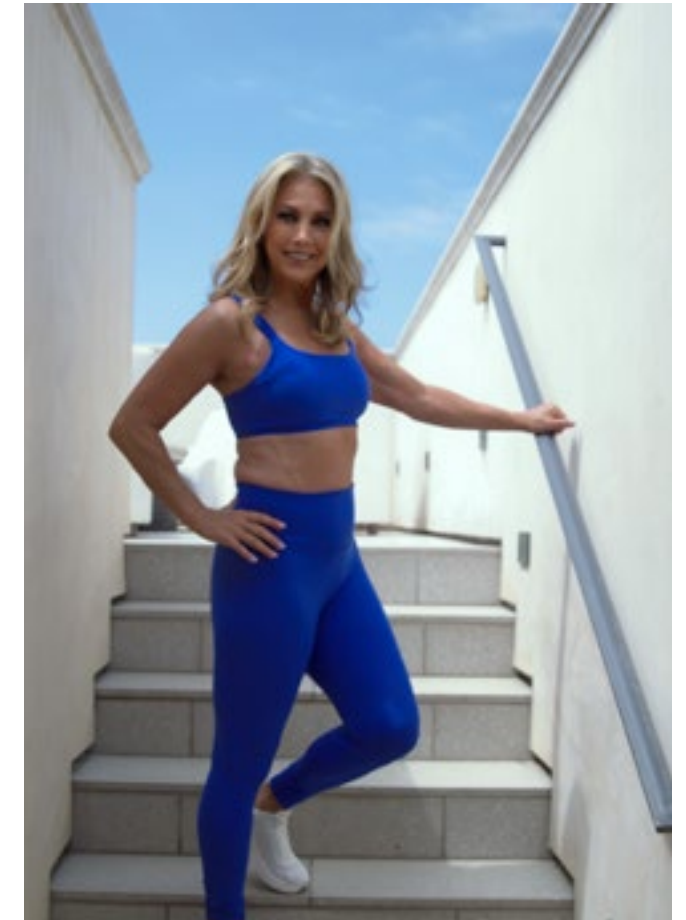
### Let's Talk About Muscle!

Hi everyone! Welcome to your quick and effective mini-guide to building strong muscles and a strong outlook!

Strength is so important as we age: being strong helps us women feel empowered in every part of our lives, helping us build resilience, independence, and energy! In this mini-guide, you will find the tools to help you do just that, through:

- Quick and effective workout moves that are designed to help you build strong muscle and boost your metabolism
- A wellness tactic that has helped me navigate every day with ease and positivity
- Protein-rich, energy-boosting foods to fuel your body so you have the energy and focus to achieve your goals!

Plus bonus content from my [Strong Body, Strong Mind Program](#)! This guide is the perfect companion to my new 4-week program, which focuses on building strength and resilience, inside and out! I have workouts, wellness insight, recipes and more, including a private community



of like-minded women! Everything you need to gain muscle, boost your energy and improve your mind and emotional wellbeing. Join today, and start seeing results in just 7 days!

I have been saying it for over 30 years: "Strong Bodies, Strong Minds... because YOU are worth it!!!!" So grab those light weights, show the world that beautiful smile, and let's get strong together! You've got this and you ARE worth it!

*Denise Austin*



Denise Austin's  
**STRONG BODY**  
**STRONG MIND**

*Say goodbye  
to flabby bat  
wings and that  
extra meno-  
belly pooch!*

# LOW-INTENSITY INTERVAL WORKOUTS

## Strength Training

Try these moves to target your arms, abs and booty. All moves are courtesy of [Fit Over 50: Strong Body, Strong Mind](#) - pick up your copy now for a complete set of moves!

**Try these moves to tone up your arms and core!**



### BACK FLY

Stand with feet shoulder-width apart, holding a light weight in each hand. (I like 5 lbs. weights, but you can try 2 or 3 lbs. weights first.) Bend forward at the waist and pull arms up and out to the side. Imagine you are squeezing a pencil between your shoulder blades. Do 10 reps, then rest and repeat.

### STANDING TWIST

Stand with feet shoulder-width apart and hands behind your head. Lift your right leg up, reaching your left elbow toward your right knee. Do 20 reps, switching legs on each rep, then rest.

### BICEP CURL

Stand with feet shoulder-width apart, holding light to medium weights. Start with the weights down by your sides, then slowly curl the weights up to your shoulders. Squeeze at the top and then release. Do 10 reps, then rest and repeat.



BUILD STRENGTH &  
CONFIDENCE

# CARDIO BOOTY!



- SIDE LEG LIFT**  
Stand, feet together, then lift one leg straight out to the side; focus on tightening the outer muscles of your thigh and buttocks. Hold on to a counter or chair if needed. Do 10 reps, then switch sides and repeat, resting in between sets.
- REVERSE LEG LIFT**  
Stand, feet together, then lift one leg straight back; focus on tightening the muscles in the back of your thigh and buttocks. Hold on to a counter or chair, if needed. Do 10 reps, then switch sides and repeat, resting in between sets.
- INNER LEG LIFT**  
Stand, feet together, then lift one leg straight across to the opposite side; focus on tightening the inner muscles of your thigh and buttocks. Hold on to a counter or chair if needed. Do 10 reps, then switch sides and repeat, resting in between sets.

**Elevate your heart rate and build that so-important muscle while you burn calories and boost your metabolism!**



# Unlock your Metabolism!

## Pilates Abs and Core Workout!

Want to gain even more muscle while you lengthen and strengthen your body? Join my [Strong Body, Strong Mind Program](#) and try my Pilates Abs and Core workout! 20 minutes to a leaner, longer, STRONGER body - give it a try!!



### It's part of my Strong Body, Strong Mind Program: 4 Weeks to a Stronger You!!

Pilates is a wonderful way to improve posture, flexibility and strengthen your core. It's just one of dozens of workouts in my 4-week Strong Body, Strong Mind Program, which guides you through workouts, meals, and advice to help all women gain confidence and strength! [Join today!](#)

# A Positive Mindset



**Be kind to others.** We never really know what is going on behind the scenes of other people's lives, and instead of being judgmental, let's all aim to be kind and thoughtful!

**Try "Three Good Things."** Every day before bed for at least one week, get out a journal or notebook and write down three positive things from that day. It is a simple yet effective way to help us see what is going right in our lives - plus it's been shown to improve happiness and mood for six months!

**Get moving!** Adding a little bit of movement into your day is a great way to boost your mood! If you're looking for some quick and effective workouts, join my Strong Body, Strong Mind Program - I have short stackable workouts you can do anytime anywhere - with me encouraging you every lift, step and lunge of the way!!

**And don't forget to laugh!** Having a good old fashioned belly laugh is one of the best ways to get back to a positive space. Ask someone to tell you a joke, call an old friend and reminisce, or even turn on a funny TV show!

I am known for being positive - and I wouldn't want it any other way! Being positive has so many benefits, both physically and emotionally. Studies show that people who embrace positive thinking have longer lifespans, lower rates of depression, better overall wellbeing and so much more - including reduced risk of death from cancer, cardiovascular disease and infections!

Now that the benefits are clear, try these three tips I use to stay positive - they really work and will make you feel better!

# FUEL YOUR LIFESTYLE

## Feel the Power of PLANT-BASED PROTEIN!

### NUTS

These are a great source of protein and are excellent as on-the-go snacks. While they can be high in fat, some nuts-like walnuts-provide the healthy omega-3 fats we need for our health. Almonds are a good choice, too, and you can add both to salads for an extra serving of protein.

### BEANS AND LENTILS

Looking for an inexpensive way to get more protein? Beans and lentils are the way to go. Both are good sources of protein and fiber and are perfect for people who follow vegetarian or vegan diets. Try swapping in black beans for meat in Mexican dishes, add a can of white beans to your homemade soup, or sprinkle some garbanzo beans in a salad. Garbanzo beans, or chickpeas, are the base of hummus; try hummus with veggie sticks for a protein-rich snack.

### QUINOA

Quinoa has a wonderful texture and can be added to soups and salads or served as a base for a healthy veggie bowl. Plus, it has the highest protein content of any grain and contains all nine essential amino acids, which is why some people call it a superfood.



**Denise Tip:** I add beans to my salads for texture, protein and additional **fiber!**

**Denise Tip:** Keep a bag of nuts in your car to help tide you over between meals - a great source of protein and energy!

*"I like to do Sunday meal prep and make a batch of quinoa to use throughout the week. It keeps well in a sealed container in the fridge!" - Denise*



## BONUS RECIPE

# FRUITY PROTEIN SMOOTHIE!

[Part of my Strong Body, Strong Mind  
Program Recipes!](#)

**A delicious, protein-packed smoothie to start the day or as a snack. 21 grams of protein in each glass, plus a serving of fruits and veggies!**

**Join now for more recipes like this!**

### Ingredients:

- 1/2 cup plain, nonfat Greek yogurt (or silken tofu or soy yogurt for dairy-free version)
- 1/2 cup almond milk (or soy or skim milk)
- 3/4 cup strawberries (or 3/4 cup any preferred fruit)
- 1/2 banana
- 2 handfuls spinach (or kale) leaves
- 1 Tbsp. almond butter
- 1 tsp. honey (optional)

### Instructions

**Combine all of the ingredients in a blender and blend until smooth. Add more milk for a thinner smoothie.**

*Raise the bar! Set tiny  
goals for yourself, and  
as you meet them,  
set them higher.  
The sky is  
the limit!*

*You're Worth It!*



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# Disclaimer

As with any new physical or nutritional activity, it is important that before beginning any fitness or nutrition regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time. No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice. You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

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2. women who are breastfeeding;
3. persons with any ongoing physical condition proscribing exercise or physical activity;
4. persons suffering from cancer or other long-term illness;
5. persons with liver disease, kidney disease, or renal failure;
6. persons with eating disorders;
7. persons with diabetes, blood pressure or cholesterol issues;
8. elderly persons;
9. persons recovering from or recently recovered from illness or injury; and
10. persons with a low body mass index.

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