

STRONG MUM:

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*The Ultimate guide to
Strength, Weight Loss &
Endless Energy*

by Anu Malhi Cheema

LOVE . FAITH . MAGIC

Hey! I'm Anu

Hi, I'm Anu, and I'm so passionate about helping mums feel strong, energized, and confident in their own skin. I know firsthand how easy it is to put yourself last, to feel like there's never enough time, and to struggle with finding a routine that actually works. But here's what I truly believe—fitness isn't about perfection, it's about progress.

This guide isn't about quick fixes or extreme diets. It's about creating real, sustainable changes that fit into your life as a mum. It's about building strength, boosting energy, and feeling empowered—not just for a few weeks, but for the long term.

Motherhood is a journey, and so is your fitness. I'm here to help you embrace that journey with confidence, joy, and balance. Let's get started!



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Anu Malhi Cheema

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Introduction: Fitness That Fits Your Life

Mums are the backbone of the family, balancing endless responsibilities while showing up for everyone around them. But between the school runs, work, house chores, and everything in between, it's easy for your own well-being to take a backseat.

Here's the truth: You don't need hours in the gym. You don't need to feel exhausted to see results. You just need a plan that works with your life—not against it.

This guide isn't about unrealistic fitness goals or restrictive diets. It's about helping you feel strong, confident, and energized—without adding more stress to your plate.

What You'll Find in This Guide:

- 🕒 Workouts that fit into your busy schedule—efficient, effective, and designed for real mums.
- 🥗 Nutrition strategies that fuel your body without complicated meal plans or dieting extremes.
- ⚡ Energy-boosting habits that help you feel vibrant from morning to night.
- 🧠 Mindset shifts to help you stay consistent without burnout.

You are already strong, capable, and powerful—this guide is here to help you feel it every day.

Let's get started!

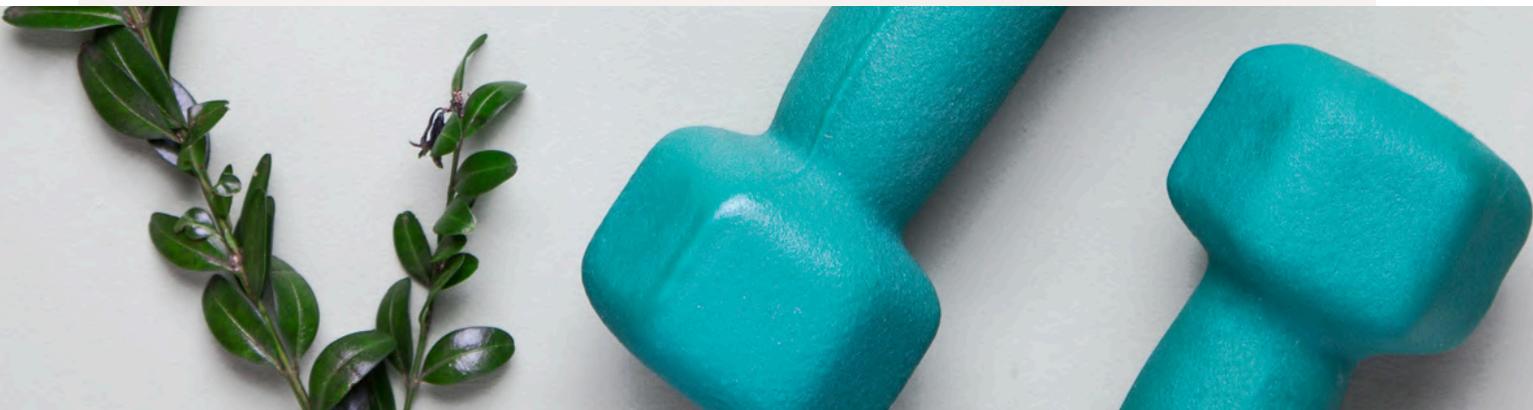
Chapter 1

The Energy Blueprint - How to Feel Less Tired Every Day

Overcoming Constant Fatigue & Finding Your Energy Again

Raise your hand if you're running on caffeine and sheer willpower. If you're like most mums, you feel exhausted before the day even begins. Between the school runs, work, house chores, and life admin, your energy feels like it's draining faster than your phone battery at 1%.

But what if you could wake up feeling refreshed, power through your day without crashing, and have enough energy left for yourself? The secret isn't more caffeine or naps (though those help!)—it's about balancing your body's energy systems naturally. This chapter will show you how to reclaim your energy, reduce exhaustion, and feel strong and vibrant every day—without having to overhaul your entire lifestyle.



Why You Feel Exhausted (And How to Fix It)

Why It Matters

If you wake up tired, rely on caffeine to function, or feel wiped out by mid-afternoon, your energy systems might be out of balance. Understanding what's draining your energy is the first step to fixing it.

Common Reasons Mums Feel Tired:

- ▶ Poor Sleep Quality – You may be in bed for 7-8 hours, but if your sleep is broken, your body isn't properly recovering.
- ▶ Blood Sugar Imbalances – Relying on sugar, refined carbs, and caffeine creates energy spikes and crashes.
- ▶ Nutrient Deficiencies – Low iron, vitamin D, and B12 levels can lead to constant fatigue and brain fog.
- ▶ Dehydration – Even mild dehydration can cause fatigue, headaches, and dizziness.
- ▶ Chronic Stress & High Cortisol – Long-term stress keeps your body in survival mode, leading to exhaustion.

The Morning Energy Routine (5-Minute Reset)

Why It Works

Most people wake up exhausted and immediately reach for coffee –but this can actually make fatigue worse. Your body needs a gentle wake-up routine to kickstart energy production and stabilize blood sugar.

How to Implement It

Try this simple 5-minute routine each morning to start your day with high energy:

- ✔ Hydration First: Before coffee, drink 500ml of water with lemon or a pinch of sea salt to replenish electrolytes.
- ✔ Deep Breathing: Take 5 deep belly breaths to oxygenate your cells and wake up your brain.
- ✔ Gentle Movement: 10 Jumping Jacks or Bodyweight Squats to boost circulation.
- ✔ Protein & Fat-Based Breakfast: A meal high in protein stabilizes blood sugar and prevents crashes later.
- 💡 Total Time: 5 minutes – Results: More energy, better mood, fewer crashes!

Blood Sugar & Energy: What You Eat Matters

Why It Works

Your body's energy is directly linked to what you eat. A common mistake mums make is relying on caffeine, sugar, or refined carbs for quick energy—which leads to crashes later.

How to Eat for All-Day Energy

The goal is to stabilize blood sugar with protein, healthy fats, and fiber. This keeps your energy levels steady, avoiding the spikes and dips that make you feel drained.

- ✓ Eat Protein with Every Meal: Eggs, Greek yogurt, nuts, chicken, tofu.
- ✓ Ditch Sugar & Processed Carbs: Swap white bread and pastries for whole grains, fruit, and healthy fats.
- ✓ Healthy Snacks: Instead of reaching for sugar, try hummus with veggies, almonds with an apple, or boiled eggs.

The Power of Hydration: Drink More, Feel Better

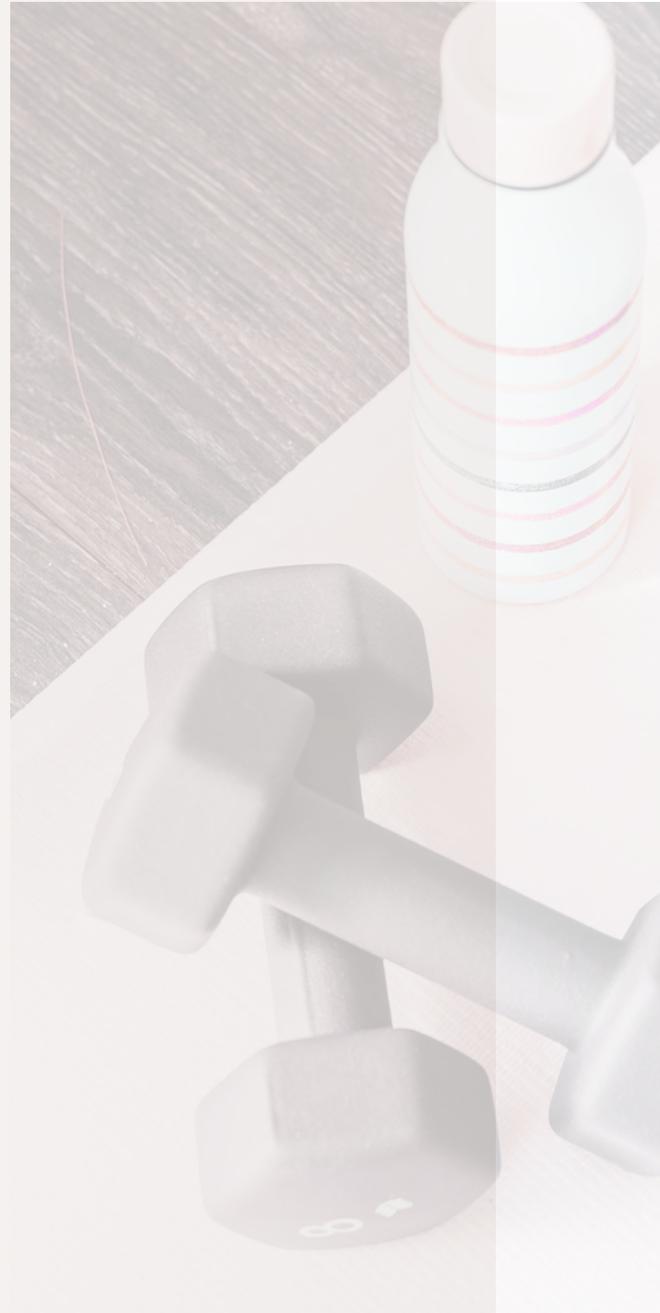
Why It Works

Many mums confuse dehydration with tiredness. Even mild dehydration can cause low energy, headaches, dizziness, and cravings.

How to Implement It

- ✓ Morning Routine: Start your day with 500ml of water before coffee.
- ✓ Daily Target: Aim for 2-3 liters per day (more if exercising).
- ✓ Electrolytes Matter: Add a pinch of Himalayan salt or drink coconut water for better hydration.

💡 Simple Fix: If you feel sluggish, drink a glass of water—your energy will improve instantly!



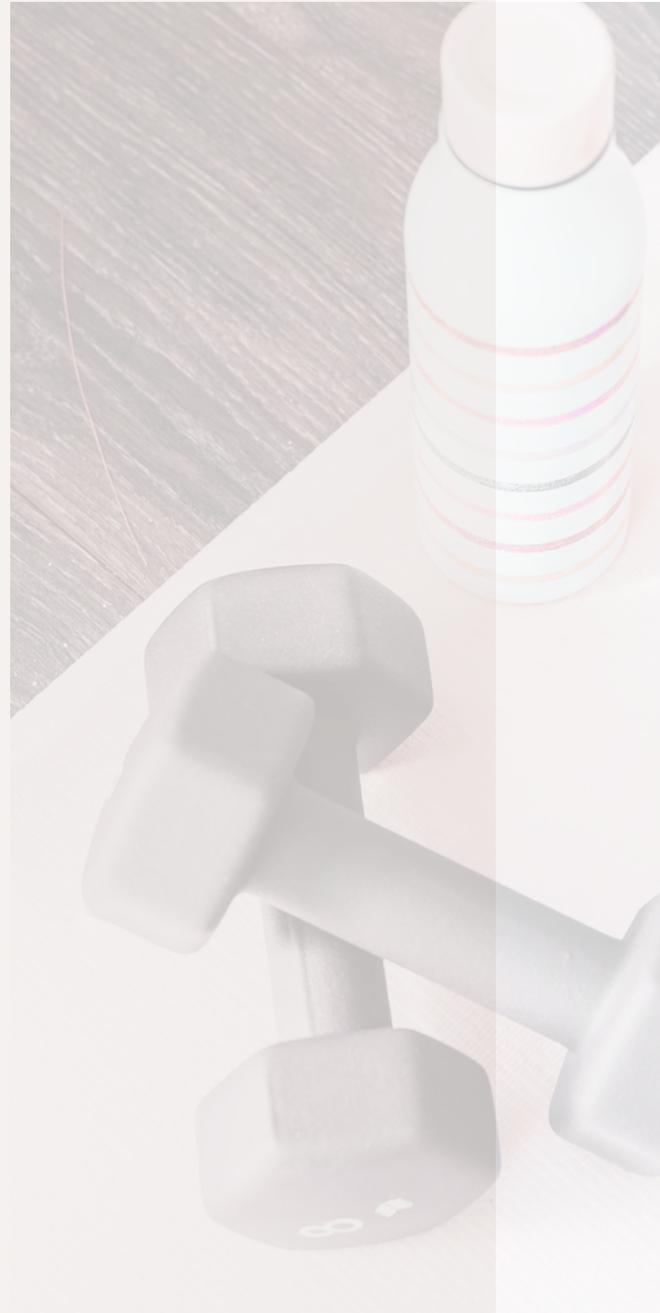
Managing Stress & Cortisol Levels for More Energy

Why It Works

Chronic stress overloads your adrenal glands, leaving you feeling wired but tired. Managing stress helps your body produce steady, long-lasting energy.

How to Reduce Stress Naturally

- ✓ Daily Walks: Just 10 minutes outdoors lowers stress hormones.
- ✓ Breathwork: Deep belly breathing reduces cortisol and calms the nervous system.
- ✓ Caffeine Cut-off Time: No coffee after 2 PM to avoid sleep disruption.
- ✓ Create Downtime: Set boundaries –allow yourself to rest without guilt.



Sleep Optimization: The Secret to Waking Up Energized

Why It Works

Good sleep is the ultimate energy booster. If you're not recovering properly overnight, no amount of coffee will fix it.

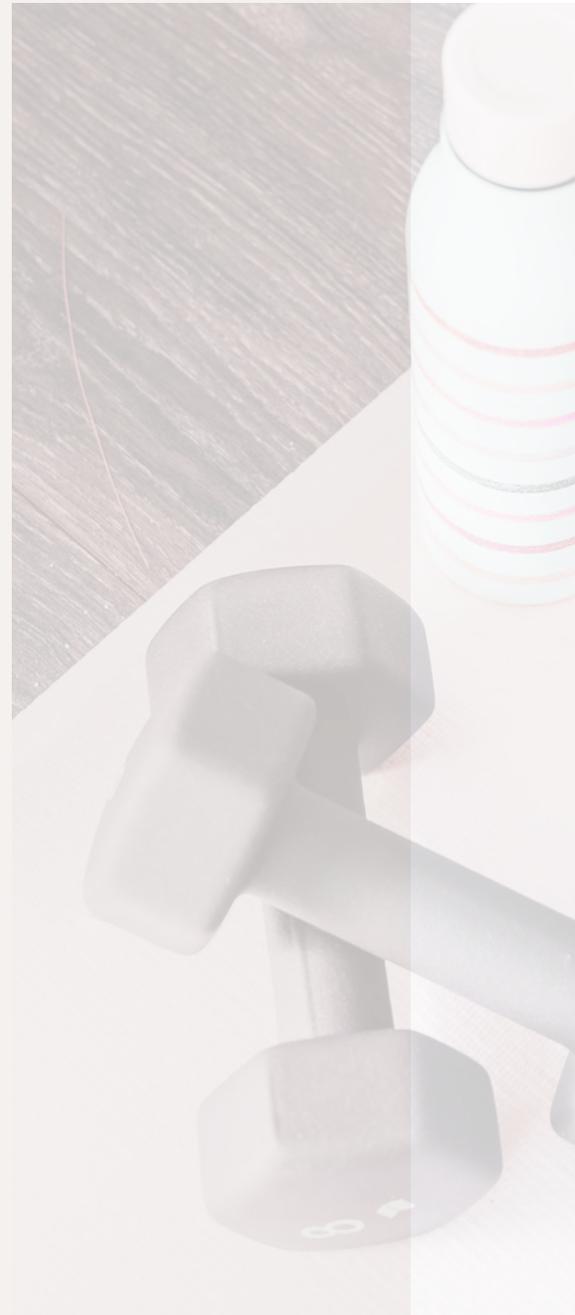
How to Improve Sleep Quality

- ✓ No Screens 30 Minutes Before Bed: Blue light messes with melatonin.
- ✓ Magnesium Supplement: Supports relaxation and better sleep.
- ✓ Cool, Dark Room: Keeps your body in optimal rest mode.
- ✓ Bedtime Routine: Set a regular wind-down routine (reading, journaling, herbal tea).
- 💡 Game-Changer: Fixing your sleep is like charging your body's battery every night—wake up truly refreshed!



What to Do If Your Baby Wakes You Up at Night

If your sleep is constantly interrupted by night feeds, teething, or toddler wake-ups, know this: you are not failing, and this season won't last forever. While you can't control how often your baby wakes, you can take small steps to help your body recover better. Focus on sleep quality over quantity—a few deep sleep cycles can be more restorative than long, fragmented sleep. Try using blackout curtains, white noise, or a weighted blanket to maximize rest when you can. Power naps (even just 10-20 minutes) during the day can help reduce exhaustion, and staying hydrated can prevent fatigue from worsening. Most importantly, be kind to yourself—this is a temporary phase, and your body is doing an incredible job adapting to the demands of motherhood.



Final Takeaways: The Energy Blueprint in Action

- 🚀 Hydrate first thing in the morning—before coffee.
- 🚀 Balance blood sugar with protein, fiber & healthy fats.
- 🚀 Ditch sugar & processed carbs to avoid energy crashes.
- 🚀 Move daily—gentle movement gives instant energy.
- 🚀 Prioritise sleep—good rest = all-day energy.

By making small, consistent changes, you'll feel less tired, more focused, and have the stamina to show up fully for your life. Next, we'll dive into how to train efficiently as a busy mum—so you can get stronger, fitter, and feel amazing in your body!



Chapter 2

The Strong & Fit Mum Workout Plan

Overcoming the "I Don't Have Time" Barrier

Raise your hand if you've ever said, "I just don't have time to work out!" You're not alone. Between school runs, meal prep, work, and keeping everything together, squeezing in a workout can feel impossible. But here's the truth: you don't need hours in the gym to build strength, burn fat, and boost your energy.

The secret is smart, efficient training that works with your lifestyle. A well-designed 30-minute workout just 3-5 times per week is all you need to see real progress. It's about moving smarter, not longer. This chapter will break down exactly how to train effectively as a busy mum—whether at home or in the gym.



The “Minimum Effective Dose” for Strength & Weight Loss

Why It Works

Most people think more exercise = better results, but that’s simply not true. Overtraining without proper recovery actually increases stress, messes with your hormones, and makes weight loss harder.

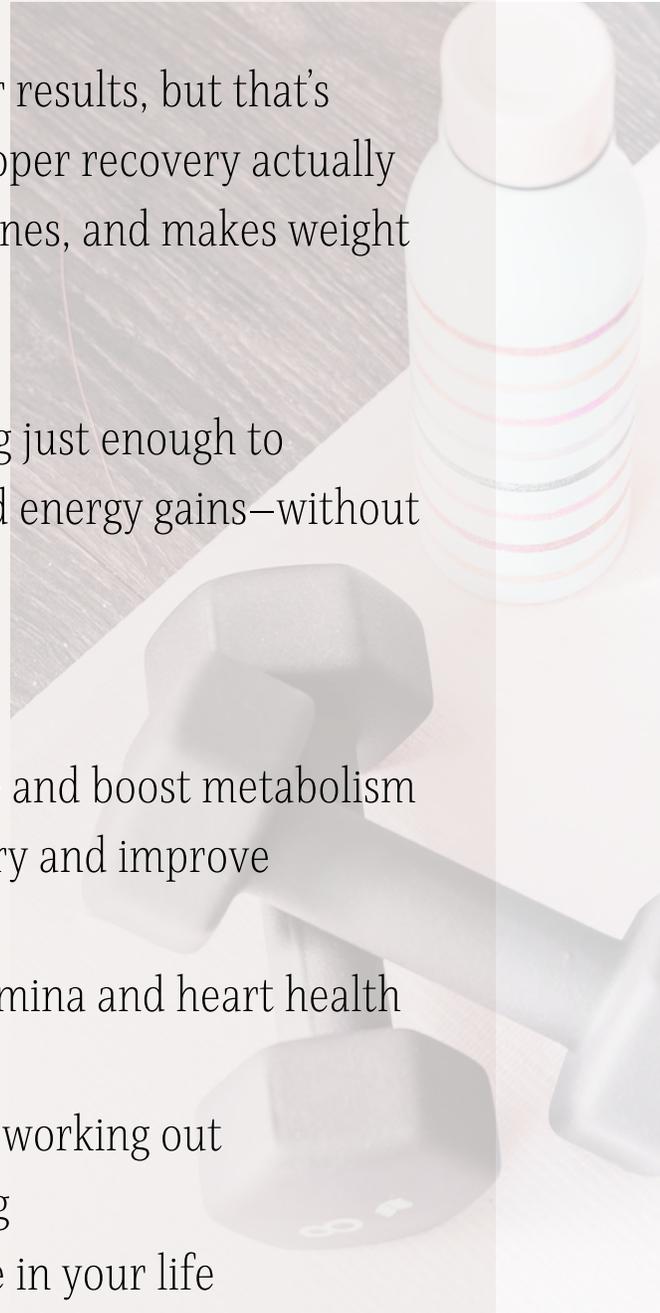
The minimum effective dose means doing just enough to stimulate weight loss, muscle growth, and energy gains—without burning out.

This approach prioritises:

- ✓ Strength training to build lean muscle and boost metabolism
- ✓ Mobility & core work to prevent injury and improve movement
- ✓ Cardio in short bursts to enhance stamina and heart health

With this plan, you’ll:

- ✓ Get stronger without spending hours working out
- ✓ Burn more calories even while resting
- ✓ Have more energy for everything else in your life



The 3 Types of Workouts Every Mum Needs

1 Strength Training (2-3x per week) – Build & Tone

Why It Works

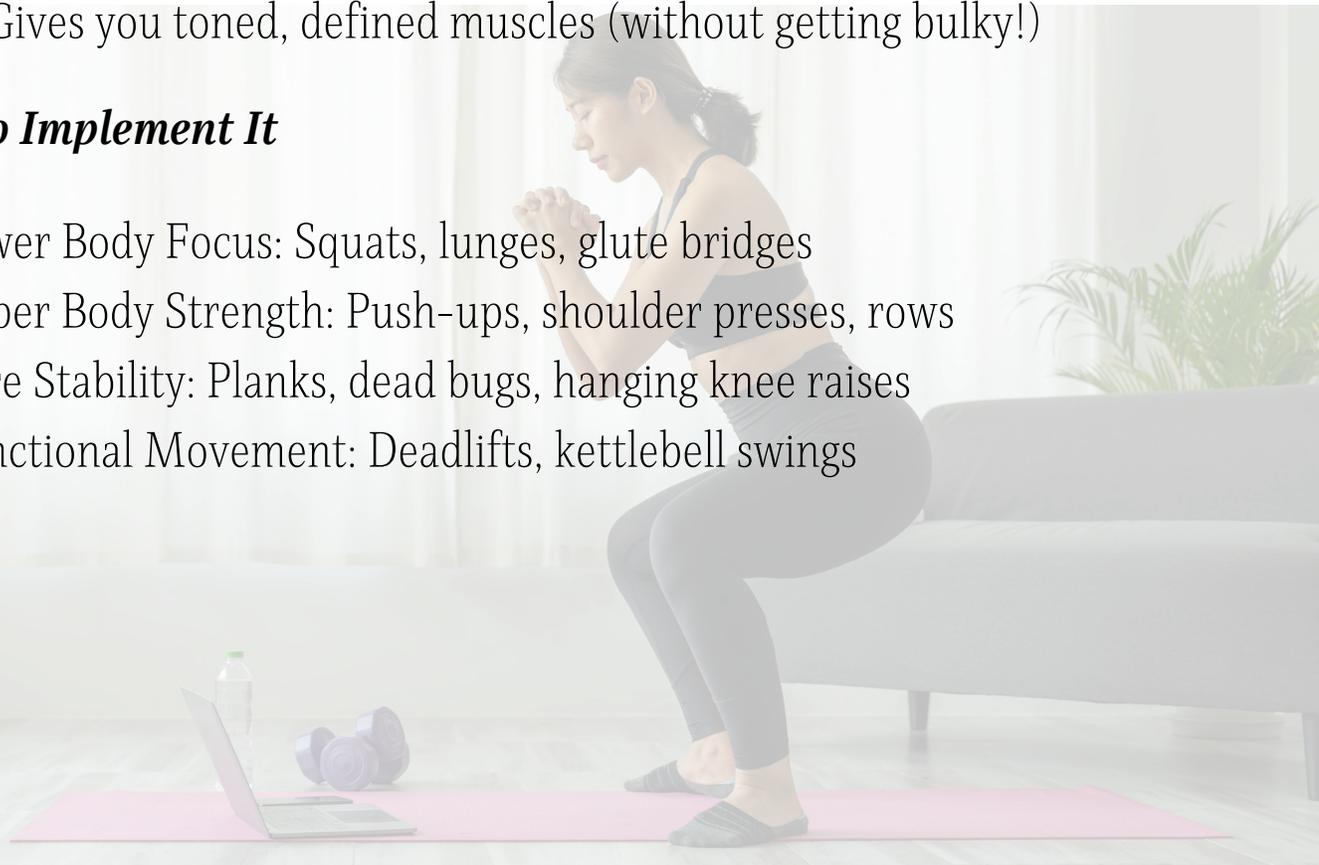
Strength training isn't just for building muscle—it's the key to sustainable fat loss. Unlike cardio, which only burns calories while you're exercising, muscle burns calories all day long.

Strength training also:

- Increases bone density, reducing the risk of osteoporosis
- Improves posture and prevents back pain
- Gives you toned, defined muscles (without getting bulky!)

How to Implement It

- ✓ Lower Body Focus: Squats, lunges, glute bridges
- ✓ Upper Body Strength: Push-ups, shoulder presses, rows
- ✓ Core Stability: Planks, dead bugs, hanging knee raises
- ✓ Functional Movement: Deadlifts, kettlebell swings



Workout Example:

Squats – 3 sets x 12 reps

Push-ups – 3 sets x 10 reps

Bent-over Rows – 3 sets x 12 reps

Glute Bridges – 3 sets x 15 reps

Plank – 30 seconds (repeat 3 times)

Total Time: 25-30 minutes



2 *Mobility & Core (1-2x per week) – Move Pain-Free*

Why It Works

Mobility training prevents stiffness, injuries, and chronic pain (especially lower back pain common among mums). A strong core supports your spine, making everyday movements—lifting kids, bending down, carrying groceries—easier and safer.

How to Implement It

Dedicate at least 1-2 sessions per week to improving flexibility and core strength.

✓ Mobility Moves:

- Hip openers (deep lunges, pigeon stretch)
- Shoulder mobility drills (arm circles, wall slides)
- Thoracic spine rotation (seated twists, cat-cow stretch)

✓ Core Strength Exercises:

- Dead bug
- Bird-dog
- Side planks

Workout Example:

- Cat-Cow Stretch – 60 seconds
- Pigeon Pose – 30 seconds per side
- Side Plank – 30 seconds per side
- Dead Bug – 12 reps
- Bird-Dog – 12 reps per side

Total Time: 20-30 minutes

3 Quick Cardio & Endurance (1-2x per week) – Energy Booster

Why It Works

Traditional long, steady-state cardio isn't the best for weight loss or energy. Instead, short, high-intensity cardio improves stamina while burning calories efficiently.

How to Implement It

- ✓ Do 15-20 minutes of:
 - Jump Rope
 - Fast Walking
 - Hill Sprints
 - Stair Climbing

Workout Example:

- Jump Rope – 1 min
 - High Knees – 1 min
 - Rest – 30 sec
 - Repeat 5-7 times
- Total Time: 15-20 minutes



Making It Work: Fitting Workouts Into a Busy Mum's Life

Why It Works

You don't need to train every day to get results—3-5 workouts per week is more than enough. The key is consistency. Here's how to fit workouts into your life without stress:

- ✓ **Break it up:** If 30 minutes is too much, do two 15-minute sessions instead.
- ✓ **Workout at home:** No gym? No problem. Bodyweight exercises are just as effective.
- ✓ **Include your kids:** Make it fun! Do squats while they brush their teeth or a plank while they watch TV.
- ✓ **Schedule it:** Treat workouts like any other appointment—set reminders and stick to them.



Final Takeaways: The Strong Mum Plan in Action

- 🚀 You don't need hours of training—just smart, effective workouts.
- 🚀 Strength training = more muscle, better metabolism, and weight loss.
- 🚀 Mobility & core = pain-free movement & injury prevention.
- 🚀 Short bursts of cardio = better endurance & energy.
- 🚀 Consistency beats perfection—progress is the goal.

The key to success is starting where you are and being consistent. Even if you can only fit in 10 minutes today, that's 10 minutes of progress. Keep going, and soon you'll feel stronger, more energized, and more capable in your body than ever before. Next, we'll dive into nutrition—what to eat for sustained energy and fat loss without extreme dieting!



Chapter 3

Smart Nutrition for Mums – What to Eat for Energy & Fat Loss

Overcoming the Confusion About Food & Energy

Raise your hand if you've ever felt overwhelmed by contradictory nutrition advice. One moment, carbs are the enemy; the next, you hear you need them for energy. One expert swears by fasting, while another says you must eat every three hours.

Here's the truth: nutrition isn't about extremes. It's about balance, sustainability, and fueling your body in a way that supports your energy, metabolism, and well-being.

This chapter breaks down how to eat for energy, fat loss, and strength without counting every calorie or cutting out entire food groups. You'll learn simple, science-backed nutrition strategies that busy mums can implement without stress or guilt.



The 80/20 Nutrition Plan (Real Life, No Guilt)

Why It Works

Let's be real: you're a mum, not a bodybuilder. You don't have time for rigid meal plans or tracking every bite of food. The good news? You don't need to.

The 80/20 approach is flexible, realistic, and sustainable. It focuses on nutrient-dense choices 80% of the time while allowing 20% for life's pleasures (chocolate, wine, takeaway nights).

How to Implement It

- ✓ 80% of the time: Eat whole, minimally processed foods like lean proteins, vegetables, whole grains, nuts, and healthy fats.
- ✓ 20% of the time: Enjoy your favorite indulgences without guilt (yes, you can have cake at a birthday party!).
- ✓ The key: Don't see food as "good" or "bad"—just aim for balance.

Example of a Real-Life 80/20 Day:

- 🥑 Breakfast: Greek yogurt, almond butter, and berries
- 🥗 Lunch: Grilled tofu salad with quinoa
- 🥤 Snack: Protein shake & banana
- 🍽️ Dinner: Stir-fried veggies with rice and salmon
- 🍫 Evening Treat: A few squares of dark chocolate or a glass of wine (Enjoy it!)



The "Mum Energy Plate" - What Every Meal Should Include

Why It Works

Ever eat lunch and feel sleepy an hour later? That's a blood sugar crash from unbalanced meals. The best way to sustain energy is by structuring your plate with all essential nutrients.

How to Implement It

Every meal should include:

- ✓ 1/2 plate = colorful veggies (fiber + vitamins)
- ✓ 1/4 plate = protein (chicken, eggs, lentils, tofu, Greek yogurt)
- ✓ 1/4 plate = smart carbs (quinoa, sweet potatoes, oats)
- ✓ Healthy fat (avocado, olive oil, nuts)

Example Meal Ideas:

- 🔍 Breakfast: Scrambled eggs + wholegrain toast + avocado
- 🥗 Lunch: Chickpea wrap + mixed greens + hummus
- 🍷 Dinner: Grilled halloumi + roasted veggies + quinoa



Snack Smarter: Curb Cravings & Maintain Energy

Why It Works

Many mums skip meals or survive on quick sugar fixes, leading to energy crashes, mood swings, and constant hunger. Smart snacking can stabilise blood sugar, reduce cravings, and prevent overeating later.

How to Implement It

Choose protein + fiber combos for steady energy:

- 🍏 Almonds + Apple
- 🍳 Boiled Eggs + Carrots
- 🫐 Cottage Cheese + Blueberries
- 🥒 Hummus + Cucumber Slices

🚫 AVOID: Sugary snacks that spike and crash your energy (candy bars, pastries, sugary cereals).



Hydration Hacks for Mums: More Energy, Fewer Cravings

Why It Works

Many mums mistake dehydration for hunger, leading to unnecessary snacking. Even mild dehydration can cause fatigue, brain fog, and bloating.

How to Implement It

- ✓ Morning hydration: Start your day with 500ml of water before coffee.
- ✓ Daily target: Aim for at least 2-3 liters of water (more if you exercise!).
- ✓ Electrolytes matter: Add a pinch of Himalayan salt or coconut water to replenish minerals.
- 💡 Simple Fix: If you feel sluggish, drink a glass of water—your energy will improve instantly!

Final Takeaways: Making Nutrition Easy & Sustainable

- 🚀 Fuel your body with balanced meals, not extreme diets.
- 🚀 Protein is key for energy, muscle maintenance, and satiety.
- 🚀 Hydrate, hydrate, hydrate! More water = more energy.
- 🚀 Enjoy food without guilt—nutrition should feel good, not restrictive.

The goal isn't to be perfect—it's to create habits that support energy, strength, and confidence for the long haul. Now, let's move on to how to stay consistent and motivated!



Chapter 4

The Art of Consistency – How to Stay on Track Without Feeling Overwhelmed

Overcoming the "All or Nothing" Mindset

Raise your hand if you've ever thought, "If I can't do a full workout, I may as well skip it." Or "If I eat one unhealthy meal, I may as well start over on Monday."

If that sounds familiar, you're not alone. Many mums fall into the all-or-nothing mindset, where perfection becomes the goal—and when perfection isn't possible, motivation crashes. But here's the truth: progress, not perfection, is the key to long-term success. This chapter is all about staying consistent even when life gets busy, motivation fades, and unexpected challenges arise. Because real fitness results come from what you do most of the time—not just when you're "perfect."



Why Consistency Matters More Than Intensity

Why It Works

Most people think fitness success comes from going "all in"—but in reality, it comes from doing small things consistently over time. Skipping one workout or enjoying a treat won't ruin progress. Giving up altogether will.

- ✓ A 10-minute workout is better than none.
- ✓ A balanced meal after an indulgence resets your progress.
- ✓ Getting back on track quickly is what makes a real difference.

How to Implement It

- ✓ Shift your mindset: Progress happens with consistency, not perfection.
- ✓ Have a backup plan: If you can't do 30 minutes, do 10. If you can't do a workout, stretch. Something is always better than nothing.
- ✓ Celebrate small wins: Showing up even when it's hard builds long-term habits.

Creating Your "Minimum Non-Negotiables"

Why It Works

Life happens. You get sick, your kids need you, or work gets hectic. Having "minimum non-negotiables" ensures you stay on track even during chaotic times.



How to Implement It

Create a list of your personal non-negotiables—the absolute minimum you'll commit to, no matter what.

Example:

- ✓ Drink 2 liters of water daily
- ✓ Move for at least 10 minutes every day (walk, stretch, or a quick workout)
- ✓ Eat protein with every meal
- ✓ Sleep at least 7 hours (whenever possible!)

💡 These small habits keep momentum going even when motivation is low.

The Power of Scheduling Workouts Like Appointments

Why It Works

If you wait until you "feel like it," your workouts will keep getting pushed aside. Treating workouts like important appointments makes them non-negotiable.

How to Implement It

- ✓ Block time on your calendar: Pick set days and times for workouts.
 - ✓ Prepare ahead: Set out your workout clothes the night before.
 - ✓ Stack habits: Link workouts to an existing habit (e.g., "After dropping the kids off, I'll go for a walk").
- 💡 Consistency grows when workouts are just another part of your schedule –not an afterthought.



Motivation vs. Discipline: What to Do When You Don't Feel Like It

Why It Works

Motivation is temporary—it comes and goes. Discipline is what keeps you going. The key is building habits that don't rely on motivation.

How to Implement It

- ✓ Commit to just 5 minutes: If you still don't want to continue, stop. 90% of the time, you'll keep going.
- ✓ Use the "2-Day Rule": Never skip more than two days in a row—momentum matters.
- ✓ Find your "why": Are you exercising for energy, confidence, strength? Remind yourself regularly.



Accountability & Community: Why You Need Support

Why It Works

It's easy to talk yourself out of workouts when no one is watching. Having accountability and support makes sticking to habits much easier.



How to Implement It

- ✓ Find a workout buddy—even if it's virtual, checking in keeps you consistent.
 - ✓ Join a supportive group—online fitness communities help you stay inspired.
 - ✓ Track your progress publicly—even if it's just telling your partner what you did that day.
- 💡 Support keeps you going even when motivation dips.

How to Get Back on Track After Falling Off



Why It Works

Everyone falls off track. What separates success from failure is how fast you get back up.

How to Implement It

✓ Avoid guilt. One bad meal or missed workout won't ruin progress.

✓ Refocus on your next choice.

Your next meal, next workout, next action matters more than what happened before.

✓ Don't wait for Monday. Start again today.

💡 The faster you bounce back, the less damage is done—and the stronger your habits become.

Final Takeaways: The Consistency Blueprint in Action

🚀 Progress beats perfection—small efforts over time create real change.

🚀 Create non-negotiables to stay on track during busy times.

🚀 Schedule workouts like appointments—don't leave them to chance.

🚀 When motivation fades, discipline keeps you going.

🚀 Fall off? Get back on track fast. The quicker you reset, the better!

By focusing on small, repeatable habits, you'll create a fitness lifestyle that fits into your busy world—without stress or guilt.

Next, we'll dive into how to stay mentally strong and build resilience so you can thrive in both fitness and life!



Chapter 5

Mindset & Motivation - Making Progress Without Overwhelm

Overcoming the Mental Barriers to Fitness

Raise your hand if you've ever thought, "I'll start next week," or "I just don't have the motivation today." If so, you're not alone.

Many mums struggle with the mental side of fitness—not just finding the time, but also the motivation, consistency, and belief that they can keep going. Here's the truth:

Your mindset is the most important factor in your fitness journey. This chapter will teach you how to create a mindset that keeps you consistent and motivated, even on the hardest days.



Why Mindset Matters More Than Willpower

Why It Works

Motivation is temporary—it comes and goes. What truly determines success is your mindset and how you handle obstacles.

- ✓ A strong mindset helps you stay on track even when life gets busy.
- ✓ It allows you to overcome setbacks without giving up.
- ✓ It turns fitness into a lifestyle, not just a short-term goal.

How to Implement It

- ✓ *Stop waiting for motivation: Instead of asking, “Do I feel like working out?” ask, “What’s my next step?”*
- ✓ *Reframe struggles: Instead of “I messed up today,” say, “One off-day won’t stop me—I’m still making progress.”*
- ✓ *Visualize success: Picture yourself feeling strong, confident, and energized. This keeps you focused on the bigger goal.*

NEW MINDSET

NEW RESULTS

The 5-Minute Motivation Rule

Why It Works

The hardest part of any workout is starting. Once you begin, it's easier to keep going.

How to Implement It

- ✓ *Commit to just 5 minutes. If you still don't want to continue, stop. But 90% of the time, you'll keep going.*
- ✓ *Remove decision fatigue. Set out workout clothes the night before. Have a set time for exercise to avoid debating whether to do it.*
- ✓ *Tie workouts to existing habits. Example: "After I drop the kids off at school, I do a 10-minute workout."*
- 💡 *Small actions create momentum, and momentum creates lasting habits.*



How to Build Self-Discipline Without Feeling Overwhelmed

Why It Works

Discipline isn't about being perfect—it's about showing up even when it's hard. The key is making fitness feel doable, not overwhelming.

How to Implement It

- ✓ *Lower the barrier to entry. If an hour-long workout feels overwhelming, start with 10 minutes.*
- ✓ *Focus on daily wins. Instead of thinking, "I need to lose 10 pounds," focus on "Did I move my body today?"*
- ✓ *Use habit stacking. Example: "Every morning after brushing my teeth, I do 20 squats."*
- 💡 *Discipline isn't about motivation—it's about building habits that make success inevitable.*

Reframing Setbacks: How to Keep Going When You Fall Off Track

Why It Works

Everyone falls off track. What separates successful people is how fast they bounce back. Instead of guilt or frustration, see setbacks as part of the journey.

How to Implement It

- ✓ *Remove the guilt. One bad meal or missed workout won't ruin progress—quitting will.*
 - ✓ *Refocus on your next choice. What you do next matters more than what happened before.*
 - ✓ *Never miss twice. If you skip a workout, make sure the next day you get back into it.*
- 💡 *Success isn't about never failing—it's about getting back up faster every time.*



The Power of Accountability & Community

Why It Works

It's easy to let yourself off the hook, but having accountability makes it easier to stay consistent.

How to Implement It

- ✓ *Find an accountability buddy. Even if it's just texting a friend, checking in keeps you on track.*
- ✓ *Join a fitness group. Online or in-person groups help with motivation and support.*
- ✓ *Track your progress. Whether it's a workout journal or an app, tracking keeps you engaged.*
- 💡 *Support keeps you going even when motivation dips.*

Final Takeaways: The Mindset & Motivation Blueprint in Action

- 🚀 Motivation comes and goes—build habits that keep you consistent.
- 🚀 The 5-minute rule makes starting easier—just begin!
- 🚀 Reframe setbacks as learning experiences, not failures.
- 🚀 Accountability & support make the journey easier.

By shifting your mindset and building habits that make consistency feel easy, you'll create a fitness lifestyle that fits into your busy world—without stress or guilt.





Conclusion: Your Journey to Strength, Energy & Confidence

You're Stronger Than You Think

As a mum, you already embody strength, resilience, and endless dedication. You show up every day, balancing responsibilities, caring for your family, and pushing through even when you're exhausted. But now, it's time to show up for yourself too.

This guide was never about perfection. It was never about rigid meal plans, unrealistic workouts, or sacrificing joy for results. Instead, it was about creating a lifestyle that works for YOU—one that prioritises movement, nourishment, recovery, and most importantly, self-care.





Conclusion: Your Journey to Strength, Energy & Confidence

What You've Learned

Over the past chapters, you've discovered how to train smarter, fuel your body, optimise your energy, and manage stress in ways that fit into your real, busy life.

- ♥ Fitness is about consistency, not perfection. Small, daily efforts lead to big transformations over time.
- ♥ Nutrition is about balance, not restriction. Fuel your body with whole foods while still enjoying the things you love.
- ♥ Rest and recovery matter just as much as workouts. Sleep, stress management, and downtime are non-negotiables for lasting energy.
- ♥ Mindset is everything. The way you talk to yourself, the habits you build, and the goals you set all shape your journey.





Conclusion: *Your Journey to Strength, Energy & Confidence*

Moving Forward: Making Fitness a Part of Your Life

The key to success isn't found in a short-term plan—it's in the small, sustainable habits you build every day.

- ✓ **Keep Moving:** Even on the busiest days, a short walk, a few stretches, or five minutes of movement adds up.
- ✓ **Eat to Feel Good:** Instead of obsessing over calories, focus on energy, strength, and nourishment.
- ✓ **Listen to Your Body:** Some days, you'll feel strong. Other days, you'll need rest. Honour both.
- ✓ **Stay Kind to Yourself:** Progress isn't linear—keep going even when it feels slow. Every step counts.





Conclusion: *Your Journey to Strength, Energy & Confidence*

Your Next Step

Now that you have the tools, it's time to take action. Pick one small thing to start with today—whether it's drinking more water, setting aside time for movement, or getting to bed a little earlier. One small change at a time leads to massive results over time.

You are already strong. You are already capable. And now, you have the plan to feel it every day.

♥ This is your journey. Own it, enjoy it, and celebrate every step forward.



Thank you for taking the time to read this guide—I hope it has given you insight, inspiration, and practical steps for fitness and weight loss.

Remember, you're not alone on this journey. We're building a supportive community for mums—a space where we can connect, uplift, and grow together. If you ever have questions, want to share your experiences, or simply need encouragement, I'd love to hear from you.

Feel free to get in touch and be part of this growing community. You're always welcome here.

Anu Malhi Cheema

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