

FLIPPING 50'S 2025

HEALTHY HOLIDAY GUIDE

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GRATITUDE!

IT'S ABOUT TO GET GOOD

I love the holidays, the memories, the longtime traditions and the new ones.
My goal here is to share a little of that joy with you and package it in a healthier, simpler, holiday full of choices with no regrets.
We're celebrating this annual tradition since 2013.

In line with tradition, I share recipes, workouts, some of my favorite things discovered this past year and many used every day... and some new magic for 2025 at Flipping 50.



Debra

The links included will be "live" if you have the guide **on your computer or device. paste the link in your URL**



EVENT OVERVIEW

HOW TO HANDLE HOLIDAYS & RECIPE MAKEOVERS

Blood sugar stabilizing options to make and take or host with so you too can enjoy the party and after the party. Messages for doing what's best for you. Planning ahead to

STRENGTH & INTERVALS

Quick workouts in minutes. Never miss strength or intervals with the go-to plans for quick ways to fit it in.

MY FAVORITE THINGS

A season of specials and discounts during Black Friday events ahead with things that are far beyond holiday health.

FLIPPING 50 BLACK FRIDAY & HOLIDAY SPECIALS

Starting now, find savings for every one (or every goal of yours) on your list. Meant to be shared... through the holidays!



WORDS TO REMEMBER

WON'T YOU TRY JUST ONE?

I wish I could!! They look so good! But I've recently found that I can't tolerate that and I'd hate to miss the party or have to leave early because I don't feel well! That would be awful!

OH, COME ON... HAVE SOME FUN

Oh I am! And I used to think this way too but since I've eliminated a few things from my diet my health and energy are so much better that ... well THIS IS FUN!

CAN'T YOU TAKE A DAY OFF?

Definitely! And I do. Yet, while I'm away/a little busier I find I am so much more pleasant for others to be around when I stay moving! Would you like to join me?

I SUPPOSE YOU CAN'T EACH THAT?

I can find something to eat almost anywhere. It's become really easy to choose feeling good all the time instead of feeling good for a few seconds. Don't worry about me. I love feeling this way.



artichoke dip

YUMMY!

ingredients

- 1 cup raw cashews, soaked in hot water for at least 5 minutes and drained
- 1 cup unsweetened non-dairy milk
- 2 Tbsp nutritional yeast
- 2 Tbsp fresh lemon juice
- 2 tsp minced garlic
- 1 tsp salt
- 8-10 oz frozen spinach, thawed and liquid squeezed out
- 1 (14 oz) can of artichoke hearts, drained and coarsely chopped

directions

Preheat oven to 400°F (200°C).
Blend the soaked cashews, non-dairy milk, nutritional yeast, lemon juice, garlic, and salt in a high-powered blender until completely smooth.
Combine the cashew mixture, thawed spinach, and chopped artichoke hearts in a medium oven-safe dish (an 8x8 dish or pie plate works).
Bake for 15-20 minutes, or until warm and bubbly.
Serve warm with your favorite veggie sticks (carrots, celery, cucumber, bell peppers), or with gluten-free crackers or chips.



spinach & artichoke dip

YUMMY!

ingredients

- 1 (14.5 oz) can artichoke hearts, drained and chopped
- 1 (16 oz) package frozen spinach, thawed and drained
- 1 (8 oz) package dairy-free cream cheese (I like Kite Hill)
- ¾ cup vegan mayonnaise (Chosen or Sir Kensington)
- ¼ cup coconut cream (the thick part of a can of full-fat coconut milk)
- ¼ cup nutritional yeast
- Spices: 1 tsp each of onion powder and garlic powder, ½ tsp sea salt, dash of paprika/cayenne pepper

directions

Preheat oven to 350°F (175°C).
Combine all ingredients in a large bowl and mix thoroughly.
Transfer to a greased baking dish and spread evenly.
Bake for 25-30 minutes until the sides are bubbling and the dip is hot.
Serve warm with your desired veggies.



Bacon-wrapped scallops

THESE WILL DISAPPEAR RIGHT ALONG WITH CRAVINGS

ingredients

- 1 pound large sea scallops (about 16-20 scallops), side muscles removed
- 8-10 slices regular-slice bacon (not thick-cut), cut in half crosswise
- 1 T olive oil (or melted butter)
- Kosher salt and freshly ground black pepper to taste
- Optional: Lemon juice, garlic powder, or teriyaki/BBQ sauce for glaze
- Wooden or metal skewers (if using wooden, soak in water for 30 minutes to prevent burning)

directions

Preheat oven to 425°F (220°C). Line a rimmed baking sheet with parchment. Place the bacon slices in a single layer on the prepared sheet and bake for 5-8 minutes, or until some fat has rendered but the bacon is still pliable (not crispy). Let the bacon cool slightly.

While the bacon bakes, pat the scallops thoroughly dry Season with salt and pepper.

Wrap a half-slice of the partially cooked bacon around the side of each scallop. I

Preheat oven to 425°F. Arrange in a single layer on a clean, lined baking sheet. Drizzle lightly with olive oil. Bake in the preheated oven for 12-15 minutes, until the bacon is crispy and the scallops are opaque and cooked through.

1. Serve: Remove the skewers from the



STRENGTH SESSIONS

NO TIME? NO PROBLEM. 10, 20 AND 30 MINUTE ... NO THINKING

10 Minutes

- Chest press, bent over row, squat
- Chest press alternating, Bent arm pullover, ball ham curl
- Shoulder press, Renegade row, Deadlift

Got 20 minutes? Add one of:

- Arms: Bicep curls 10 with short lever, 10 reps long lever, 10 short lever hammer curl + Triceps 10 kickbacks, 10 long lever, 10 combination
- Legs: Wall sits and hamstring curls with ball alternating

Got 30 minutes? Add both above.

1 and done?

Just 10 minutes? Use the first set to hit major muscles and most metabolism benefits.

If you have 20, use 1 and... either second or third set.

Before you ask, I see you coming:

Can you do one of them daily?

I vote no. You need recovery and you just start watering down every workout.

That said.... test it. During the holidays, could it work for you? because each of these includes upper and lower body... it's not ideal. Find something else (members: the muscles in minutes options could work)



INTERVAL SESSIONS

NO TIME? NO PROBLEM. 10, 20 AND 30 MINUTE ... NO THINKING

KEEP IT SHORT

Warm up with 5 minutes of movement of choice
(walking/elliptical/biking/dancing)

5 minutes of dynamic movement: 5 rear lunges to a knee lift each side rotating torso across knee, 5 side lunges to a knee lift raising arms up each side

1-2 minutes progressively harder pace (of chosen activity)

30 seconds "all out" to achieve breathless
Recover (with minimal movement) completely
Repeat intervals **4-6 times**

Cool down walking or lower level mode of choice
Follow with key stretches: hammies, quads, calves... depending on activity

FOR INTERVAL OPTIONS VISIT FLIPPINGFIFTY.COM/CAFE



FAT BURNING

THE NOT-SO-SECRET FACT

Fasted vs fed

Secret to Fat Burning (it's not fasting, fasted exercise, or hours of endurance exercise)
It's simple.
Eat protein before intense workouts.
The fuel before supports more energy expenditure and lower carb supports fat burning and preservation of muscle glycogen.

There is no proof that fasted exercise burns more fat. Longstanding research has suggested that having some fuel prior to exercise makes subjects work harder or last longer, without it feeling longer or harder.

Recent study by Abbie Smith-Ryan, et al suggested a bit of protein before hard workouts improved fat burning that occurred after (EPOC) exercise. It doesn't change the energy expenditure significantly during, but the benefit is observed after. That may be due to a muscle preserving effect that releases glycogen from the muscle for exercise.

DISCOVERY CALL



You have a quick question...
you aren't sure where to start....
you need 30 minutes just to focus on specifics for you.

This is a great choice.

the Discovery call prompts you to get clear on your questions and gives me the insight so I can think about it in advance.

You get dialed in answers specific to your status, your goals, what you might want to consider that you hadn't thought of.

$10 off right now (ends the 21st)

You might be already in program or membership but want some specific help.
You might be new to Flipping 50 and me and want support to DIY or begin a program here. Let's talk!
Discount is automatically applied at checkout. Discovery10

ULTIMATE SAVE $101



You want to get a close up look at your nutrition, exercise and your lifestyle habits so you can get better results than
you're getting already.

You want guided support based on what you're doing now, because you agree just getting an arbitrary plan that ignores what you've been doing and the results you've got from it is not the best plan.

You may be considering VIP coaching. You get to use the credit on ghosting purchase toward it if you do decide to start.
You may just want this to give you the steps in each category and a plan to follow with an understanding why it will make a difference.

This 90 minute session gives you focus in each of exercise, nutrition and lifestyle based on your current health and fitness status.

Its $101 off til Nov 21. Coupon is auto-applied... unless you miss it!
ultimate101

BLISSMAS 12-DAY CHALLENGE



12 Days to reset and identify how to support hormones with the power of the right type and timing of exercise.
12 days with the plan given for you and laid out to get or stay consistent without overdoing, exhaustion, or injury.

Your workouts (and work-ins) include strength, agility, yoga and encourage you to walk daily.

Gut put down the rest of your workouts. This to be used as a start, restart, or reset. It's not extra or more.

Blissmas is regularly $69 and worth every penny.

During Black Friday week use code **blissme** for $15 off access.

Register here before time runs out! flippingfifty.com/blissmas
Members? You already have access

MEMBERSHIP



THE MEMBERSHIP THAT STARTED IT ALL ... THE FOCUS ON HORMONE-CENTRIC EXERCISE FOR WOMEN 40+.

SHARE THIS **ANNUAL** BF EVENT OPENS A SPECIAL ANNUAL NEW MBSHIP SAVINGS AND **BONUSES** THRU CYBER MONDAY.

BRAND NEW BONE HEALTH COURSE

- 6+ MODULES ON EXERCISE, HT EFFECTS, NUTRITION, LIFESTYLE AND REFERENCES

EX RX FOR WOMEN OVER 40

- COMPREHENSIVE INSIGHT ON PROGRAM DESIGN (FROM YOUR PERSONAL PERSPECTIVE)



EXISTING MEMBERS? GIFTED THESE BONUSES!

PLUS THE NEW APP EXPERIENCE FOR IMPROVED EXERCISE ACCESS & IN-APP COACHING ON PLATFORM WITHOUT FB.

OPEN FRIDAY NOV 21 THE BIGGEST EVENT OF THE YEAR

POWER PLATE



MORE MUSCLE ACTIVATION - (30-50 MICRO-CONTRACTIONS OCCUR A SECOND). SOURCE: MAYO CLINIC, 2023

SUPPORTS BONE STRENGTH IN 10 MINUTES 5 DAYS A WEEK OR 15 MINUTES 3 DAYS A WEEK SIGNIFICANT BONE DENSITY BENEFIT IN 6 MONTHS.

IMPROVES KNEE OSTEOARTHRITIS IN 14 RCT SIGNIFICANT IMPROVEMENTS FROM BOTH LOW (10-30) AND HIGH (30-40) HZ LEVELS FOR REDUCED KNEE PAIN, FUNCTION, AND RANGE OF MOTION.

BOOSTS LYMPHATIC FLOW AND DETOX

THE RHYTHMIC VIBRATION ENCOURAGES LYMPH CIRCULATION, HELPING YOUR BODY FLUSH OUT WASTE, REDUCE BLOATING, AND SUPPORT IMMUNE HEALTH. CANCER REHAB PT, 2021

ENHANCES BLOOD FLOW AND RECOVERY FOR MOBILITY

FASTER RECOVERY AND REDUCED SORENESS. WEBMD, 2022

FLIPPINGFIFTY.COM/POWERPLATE

CODE: **FLIPPING50** SAVE 25% NOW WITH THE BLACK FRIDAY MONTH-LONG EVENT WITH OUR CODE!

BIOPTIMZERS



MASSZYMES FOR BETTER DIGESTION, LESS BLOATING
IT'S THE FIX FOR CHANGING DIGESTIVE NEEDS. SUPPORT BREAKING DOWN PROTEIN, CARBS AND FATS FOR BETTER ABSORPTION (AND COMFORT. I WAS USING ONE I LIKED... NOW I'M USING THIS RELIGIOUSLY AFTER MY TWO BIGGEST MEALS.

MAGNESIUM BREAKTHROUGH FOR FULL-SPECTRUM MAGNESIUM THE ONLY FULL SPECTRUM MAGNESIUM AVAILABLE. NO MORE GUESSING ABOUT GLYCINATE, CITRATE, MALATE.... YOU GET THEM ALL. ONE NIGHT...I FINISHED THE BOTTLE.. HAVEN'T LOOKED BACK.

BERBERINE BREAKTHROUGH FOR STABILIZING BLOOD SUGAR
THE NATURAL SUPPORT FOR BLOOD SUGAR. USING WITH A CGM, THE USE OF BERBERINE BREAKTHROUGH (5X BETTER ABSORPTION THAN MOST) HELPED STABILIZE BS AFTER MEALS.

FLIPPINGFIFTY.COM/BIOPTIMIZERS
CODE: **FLIPPING50** SAVE 15% NOW

INBODY SCALE



SMARTER TRACKING

MEASURE MORE THAN WEIGHT

TRACK MUSCLE AND BODY COMPOSITION. EVEN BODY WATER AND COMPARE LEFT AND RIGHT SIDES.

OPTIMIZE HEALTH CHOICES

TRACK TRENDS BEFORE THEY GO ON TOO LONG. MAKE CHANGES, TEST OPTIONS AND KNOW WHAT EFFECT THEY HAVE ON YOU.

TRACK MUSCLE IN LB/KG

ABSOLUTE MUSCLE IS MORE IMPORTANT THAN PERCENT. TOGETHER WITH YOUR STRENGTH, POWER, CARDIO FITNESS, THIS, NOT YOUR WEIGHT OR SIZE, DETERMINES YOUR FUTURE.

FLIPPINGFIFTY.COM/SMARTSCALE

CODE **FLIPPING50** FOR 15% OFF ANY PRODUCT
(INCLUDING THE DIAL H30 - MY SCALE)

INFRARED SAUNA



SUNLIGHTEN

SAUNA POST-WORKOUT IS SHOWN TO AMPLIFY VO2 WITHIN MONTHS. SOURCE: PUBMED, 2015

SAUNA USE 4-7 TIMES PER WEEK WAS ASSOCIATED WITH A 65% REDUCED RISK OF DEVELOPING ALZHEIMER'S DISEASE IN ONE STUDY, AND 40% IMPROVED LONGEVITY.

REGULAR SAUNA USE (ABOUT 4–7 TIMES A WEEK) IS LINKED TO A LONGER, HEALTHIER LIFE AND LOWER RISK OF HEART DISEASE AND STROKE. PUBMED, 2015

LIKE A CARDIO WORKOUT WITH THE CARDIO WORKOUT: IMPROVES HEART AND BLOOD CIRCULATION AND EVEN **IMPROVES VO2 MAX**. SOURCE: MAYO CLINIC PROCEEDINGS, 2018

RETREAT



BOULDER 2026 JUNE 3-7

OUT OF THE GYM, INTO YOUR LIFE

90-DAY TRAINING PLAN TO FOLLOW TO PREPARE, WED EVE KICKOFF TO SUN AM SUNRISE HIKE AND IN BETWEEN HIKING, A BALANCE OF RECOVERY & CHALLENGING ACTIVITIES, BODY WORK, COOKING SESSION AND DINING OUT, EXERCISE FOR HORMONE & LONGEVITY EDUCATION.

ONSITE OR **OFFSITE STAY OPTIONS:**

ONSITE ALMOST SOLD OUT

YOUR LINKS & CODES:

SINGLE ROOM LINK: FLIPPINGFIFTY.COM/BOULDER26

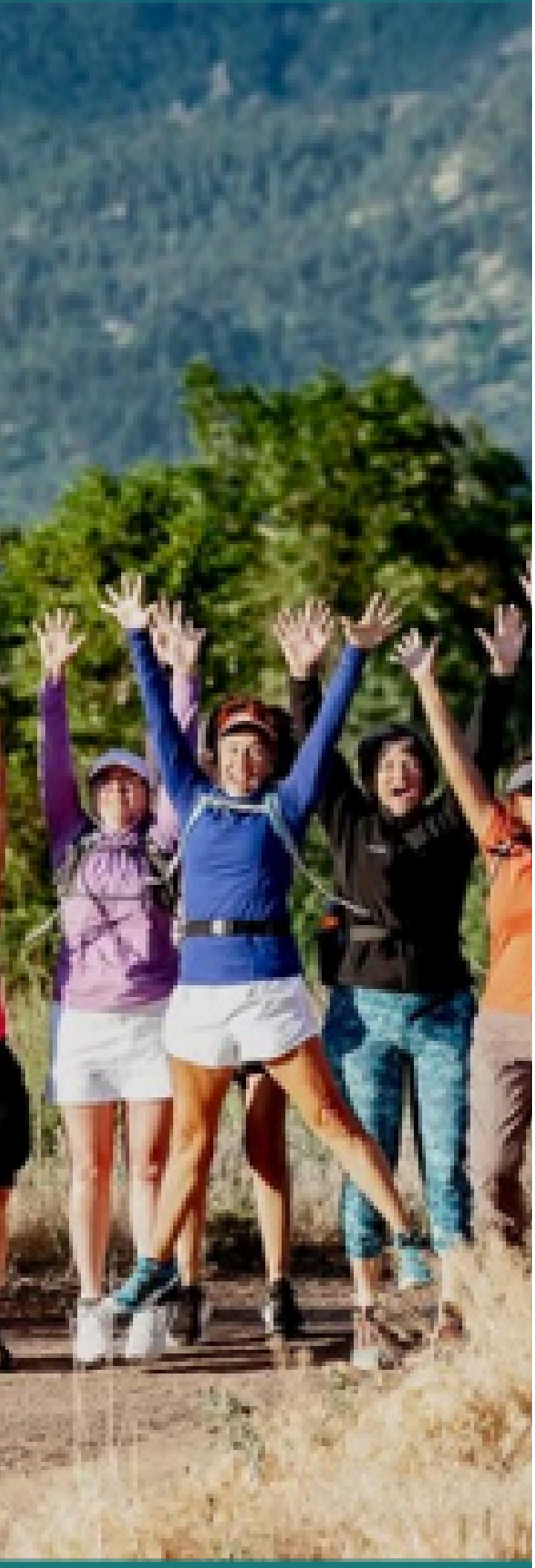
SINGLE ROOM CODE: BOULDER26SINGLE SAVENOW!

DOUBLE ROOM LINK: FLIPPINGFIFTY.COM/BOULDER26

DOUBLE ROOM CODE: RETREATROOMIE2000 (ONE EACH)

OFF SITE LINK: FLIPPINGFIFTY.COM/BOULDEROFFSITE

OFF SITE CODE: BOULDEROFFSITE SAVE NOW!



FLIPPING 50

RETREATS 2026

1 **BOULDER CO** June 3-7 in the epic beauty of trails and adventure in Boulder area.
Training begins 90 days in advance.

2 **MOAB UT** Oct in Moab is beautiful. Epic views, hikes, yoga and food in this amazing setting. Voted Most Epic location! Oct 14-18. (ask about early bird rate!)

3 **Health & Fitness Pros Menopause Coaching Intensive**
VIRTUAL WEEKEND December 5 - 7
and
LIVE in Boulder June 7 - 9
DM on IG for details @flipping50tv

MENOPAUSE FITNESS SPECIALIST



Combine the menopause health insights of the Flipping 50 Menopause Fitness Specialist with the business strategies of the Fitness Marketing Academy.
Gain the method and coaching techniques for solving menopause health problems and optimizing longevity.

Start, grow and scale your health business step-by-step.

10x your investment within 6 months by following the actions recommended in the training, guaranteed.



Included:
8 Module course
Coaching audio & transcripts
6 Monthly Business workshops (Jan 1-July 1)
3x Monthly MM (free 6 mos) for Q and A
Affiliate revenue with high commission
Coaching opportunities with Flipping 50

Bonus: onboarding business audit & vision 1:1
Bonus: How to 10x your business in 6 months masterclass
Bonus: Coaching Menopause Client conference (sold out 2023) 5-hour workshop
Bonus: Offer Creation Lab (3-hour workshop)
Bonus: December Free



Code: $1000 PIF off before Dec 2 BE EARLY ON THIS ONE!!! BEST RATE thru Nov 16
https://fitnessmarketingacademy.com/menopause-fitness-specialist/

MENOPAUSE FITNESS SPECIALIST



No one teaches this in basic certifications, or in 4yr degrees (not in MS or PhD either unless this is your thesis or dissertation).
Physicians didn't know... how could you? Even OBGYNs didn't learn about menopause. Til now.
The demand for it is high and you are needed.

What Can You Do:
Host retreats
Coach 1:1, groups
Start a podcast
Partner with physicians, PAs
Boost health coaching outcomes
Add a revenue stream
Increase fitness coaching outcomes



Who:
yoga, pilates, sport coaches
trainers, conditioning coaches
exec coaches, corporate wellness coaches
nurses...

Code: $1000 PIF off before Dec 2 But BEST rate NOW !
https://fitnessmarketingacademy.com/menopause-fitness-specialist/

PRICELESS...

Call a friend or relative daily until the end of the year. Tell them how much you value their friendship even if you don't "tell" them. OR call the same person daily.

Arrange a month of special notes for a "shut in" to open each day of December. Add little gifts like a favorite tea or hand lotion if you like.

Share all of your favorite traditions and holiday memories in a special book so they don't end with you.

Instead of gifts and cards and postage you may not be fully vest in, consider planning an event or challenge together with friends, even if you complete it virtually.

Don't forget you. Leave yourself wiggle your toes in slippers time, moments in a candlelit bath, quiet starts with Christmas lights. And all the Hallmark movies you can stand.



New members... we'll launch the app in December!
Special '27 kick off retreat in Jan!



DECEMBER LAUNCH

Since 2013 I've been exclusively dedicated to women in PRE, Peri and Post menopause teaching what is Hormone-centric Exercise™. The coaching privates and groups formed the book, the program and then the membership in 2016.

We're moving the exercise membership to the App! And we couldn't be more excited about the future.

The exercise you want and need for symptoms relief and longevity. In an app for any device you love... with the ability to use offline when needed. In a Netflix like layout with a calendar to personalize, favorites, mark complete and say goodbye to Fb groups and hello to unsensored interactions in-app. It's all right there.

Debra



THANK YOU

YOU'RE CHANGING HISTORY

They're taking your lead. Make the most of your final days of 2025.

We've got this.

Your dreams. Your family. Your longevity. Your joy in todays. It all depends on your "strengthspan."

Happiness in the holidays and all year.

Debra

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