



# The Healthy Expat

The Expat Woman's Healthy-Body Owner's Manual



Mia

[mb@globalfitness@gmail.com](mailto:mb@globalfitness@gmail.com)

Cori

[cp@globalfitness@gmail.com](mailto:cp@globalfitness@gmail.com)

# Introduction

*You know what you need to do. You need to eat better and exercise better, but you just can't find the time, the energy or the expertise to help you reach your goals.*

***Sound familiar?***

Maybe it is a move year? Maybe you're headed back to your home country for a few weeks while your kids' school is out...what about the dog? Perhaps it seems you're the only one staying in your host country while all of your friends are traveling. Maybe you've just arrived in your new country and you don't know anyone, yet. You're wondering how you'll ever get used to this climate. The money and exchange rate has your head spinning. You feel the need to shove your own feelings about your current circumstance as an expat or repat woman to the side because you are duty-bound to attend to your children's feelings about the move and your spouse's transition too, whether its their career that's dragging you around the world, or yours and they've had to yield to it.

Maybe you're a single mom doing the expat career thing. Perhaps you're tackling your career on your own. You're questioning the distance you've just laid between your distant family and yourself and dread that call that an elderly parent needs you at home as soon as you can make it.

Perhaps you've repatriated, or about to. Now what?

And what was that? A hot flash...already? Me?

Take a deep breath. You've got this. We can help.

**The Healthy Expat: The Expat Woman's Healthy-Body Owner's Manual** was written with you in mind.



# Disclaimer

*The Journey of a thousand miles begins with a single step. Lao Tzu*

The information compiled in this e-book is intended to support the expat or repatriated woman who is seeking a healthier lifestyle, no matter where she is from or what her current circumstance is. No part of this e-book, however, is intended to replace actual medical advice.

**Every woman has her own needs within her own circumstance.**

It would be impossible to address everything in such a concise booklet, so the onus remains on the reader to ensure that exercise and nutrition choices suggested in the coming pages are appropriate.

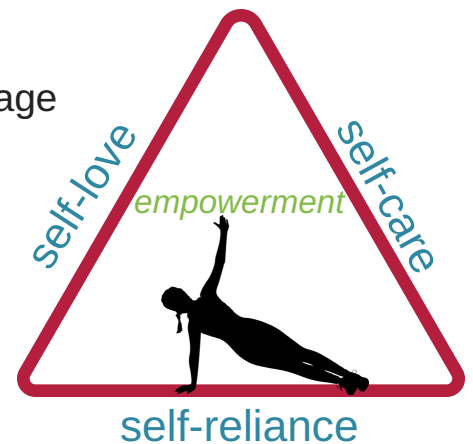
Both Cori and Mia live with their hearts, which beat strongly for the expat woman. They coach with their hearts, too and have partnered to share their passion for all things fitness, wellness, nutrition and healthful living. They invite questions and welcome the opportunity to help you reach your goals.

At the very core of their training and coaching practice is an anchor to the woman's triad of empowerment : self-love, self-care and self-reliance. Our goal is to help you get strong and healthy for a long and happy life, no matter where you're from or where you currently reside.

We do not shy away from difficult questions, and encourage a holistic approach that sometimes can include other professionals, formal support systems and more casual social media connection.

Full disclosure:  
We are on a mission to help expat and repatriated women eat better, exercise better and feel better.  
If you're good with that, this book is for you.

Cori  
cp.globalfitness@gmail.com



Mia  
mb.globalfitness@gmail.com

# About us

*Get Fit: You know you should and we know you can!*

This e-book for the expat or repatriated woman was written by Cori and Mia of **Global Fitness: Online Fitness & Nutrition Coaching**.

We are **American Council On Exercise** (ACE) Certified Personal Trainers and **Precision Nutrition** (PN) Level 1 Nutrition Coaches, and have years and years and years behind us, helping women like you. We do fitness coaching, personal training and nutrition coaching - and we can meet you anywhere, anytime because we use apps that connect us, like ProCoach, Trainerize, Facebook, SKYPE and more!

**We are both expat women. We get it.**

Want to know more? Reach out. Ask us your questions! Contacts below, and links in the back of this book.



**ACE** →  
CERTIFIED

ONLINE  
**TRAINER**  
ACADEMY

Pn ProCoach

Pn Certified Coach | 1



Powered by

**TRAINERIZE**

Mia

mb.globalfitness@gmail.com



Cori

cp.globalfitness@gmail.com

# Quick Glance

*Keep the destination in mind...but enjoy the journey!*

## Here's what we cover in the following pages

- ✓ **Hit pause, then rewind, then play.** **page 5**

You've spent a lifetime judging yourself. We have a way to encourage you to stop judging and start (simply) observing. Your headspace is the best part of the journey!



- ✓ **Set yourself up for ease.** **page 8**

Consistency is dependent on your time management, your environment and your habits. We can help with you be methodical in an otherwise chaotic world.

- ✓ **Build your body and master your movement.** **page 11**

Aging, fatigue, sedentary living and injury can conspire against you. Coordination, strength and stamina are all part of having a fit body. We can help you energize and feel great!

- ✓ **Nourish yourself with *best choices*.** **page 13**

Nutrition is a challenge for many expat women. Unfamiliar foods, stress eating or loss of appetite and confusion about what to eat, when to eat and how much to eat all contribute to the expat woman's undesirable weight gain or loss. We can help you there too.



# Part 1.

## Hit pause, then rewind, then play.



If you read no further in this book but follow this life hack, you're already positioning yourself for success.

☆ **It starts with your vision for your life.**

☆ **Why is this vision your vision for your life? Why is that "why" important to you?**

---

Whether or not you subscribe to the notion that there is meaning to life or a reason for life, surely we can all agree that chasing our health should not be the sole content of our lives. Neither should failing health dominate your days. With this in mind, take the time to answer the questions above, on a doc, or a piece of paper, or with a red crayon on your kitchen wall.

### Think about it:

Take all day to think about it.

Take a week if you need it.

This is important.

Before you proceed, do answer these questions.

**Who are you and what is your vision for a life well spent? Why is this your vision? Why is your vision important to you?**

The expat lifestyle is one of impermanence, instability, & unpredictability. The nomadic lifestyle leaves your extended family and home community in awe of your adventures. Maybe you are already living your vision for your life. Great! Maybe, though, you're finding the vision of your life a little blurred in the midst of it all. Go off auto-pilot and think about these questions with honesty and curiosity.

Note: In our nutrition coaching year long program we discourage the "pause button" - we press on no matter what because we are seeking consistency. This "pause" is a taking stock before moving forward.



Share this vision with someone who matters to you!

# Who am I?

Got it? All set?

*In a big broad stroke of the paint brush across the tapestry of your life, answer this question:*

I am \_\_\_\_\_ because \_\_\_\_\_.

This vision...this definition of your life...this way you want to be, *feel you have to be*, is what you can now circle back to when things go awry.

*I am healthy because I love life*

*I am vital because there are so many things I want to see and do in my life.*

*I am creative because I clear my mind of stress by power walking every day.*

*I am energetic enough to take care of my elderly parents because I take care of myself*

*I am active because I want to be a good role model for my kid.*

*I am able to sit on the floor to play with my grandchildren because they mean the world to me and I want to be involved in their lives.*

*I am valuable to my organization because I am physically active, mentally astute and have the stamina to keep up with the demands of my career.*

Your turn.

Describe the vision of yourself and why.

I am \_\_\_\_\_ because \_\_\_\_\_.





Despite this...

I am \_\_\_\_\_ because \_\_\_\_\_.

When it comes to taking care of yourself, you can either find a way or find an excuse.

But returning to your vision can help keep you on track.

### Life junk:

- \*stress
- \*depression
- \*family needs
- \*marriage issues
- \*money
- \*injury
- \*social isolation
- \*work pressure
- \*career dissatisfaction
- \*hormones
- \*food choices
- \*climate
- \*cultural expectations
- \*lacking motivation
- \*unsure what to do
- \*boredom

Who are you? What do you want? And how can you get it? (...despite this?)

## Bonus Points!

1. Do you know how much and what types of exercise you need to meet the minimum daily requirement to be healthy? (Part 3)
2. Do you know how much of what you should eat every day? (Part 4)

⏸ Pause: Is this (eating or exercise) consistent with your vision?

⏮ What was your vision again?

▶ Adjust...and carry on.

No judgement.  
Only observation.

Guilt does not serve you well.

Stop.

What made you deviate from your vision of yourself?  
Return to your path and continue on toward your vision.





## Part 2.

# Set yourself up for ease.

Much of your life is already scheduled out. You know when to get the kids up and off to school. You schedule meetings and family skype calls. You make appointments for the dentist and dog grooming. You book your plane tickets and hold reservations for restaurants. You keep your company or organization on track for their mission statement.

So, why do you leave your fitness and nutrition needs up for grabs?

When it comes to exercise:

*"I'll go to the gym if I have energy at the end of the day."*

*"I can maybe make it to yoga if my kid doesn't need a ride home from the party."*

*"I like to walk in the morning, unless it rains, of course."*

What if your health was your priority?

*"I can maybe make it at the tail end of lunch because my yoga class finishes at 12:30."*

*"Mom, let's SKYPE in about 3 hours, because I have an appointment with my personal trainer starting soon."*

*"Ugh! This rain! Luckily I can put on an exercise video on YouTube and still get my workout in on the livingroom floor."*

When it comes to nutrition:

*"Screw it...I've been good all week, what's a little piece of cheese cake matter?"  
(proceeds to eat three pieces)*

*"I'll buy all these snacks for my family because they don't struggle with their weight and I'll just try not to eat them." (proceeds to eat them)*

*"I can eat the pizza. I'll just work it off at the gym. (proceeds to eat the pizza, skip the gym)"*



*To know, and not do, is to not know.*



## Part 2. Set yourself up for ease.



# Tips for Success:

1. Plan your exercise out by the week.
2. Schedule your exercise like you schedule everything else.
3. Find an exercise pal - preferably one who is "better" than you are, or at least not needy and inconsistent. (...and don't be the needy and inconsistent one!)
4. Hire a personal trainer to help you, (or you and your workout buddy)
5. Dress the part. Functional exercise clothing helps keep you comfortable. Wear the right shoes.
6. Find classes: Yoga, Kickboxing, Spinning®, Bootcamp. (Be social & expected.)
7. Be open about your quest to be healthy. Tell people what you're doing & what you want & you need.
8. Look at food differently. Just make better choices that are consistent with your health and weight loss goals. Food is not good or bad.
9. Plan your meals and shop for the ingredients you need on hand for the week.
10. Go get a physical. Have a doctor explain your blood labs and help you set a healthy weight goal. Don't fear your results - It is better to know than not know.
11. Find an app that helps you track everything (exercise, sleep, calories...pay attention to what you think you do and what you actually do. Get real.
12. Let healthy vegetables and protein dominate your plates...every meal.

**Stop thinking that it is expensive to be healthy.  
It is MORE expensive to be UNHEALTHY.**



*Outsource what you're  
not doing well:*

- \* Consistency
- \* Motivation
- \* Accountability

Today's Date:

ALL GREAT ACHIEVEMENTS REQUIRE TIME.

Maya Angelou

Regarding my health and fitness...  
One year from now I...

By the end of *\*this\** month I expect...

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

My goal for  
this week:

Just for today,  
I will:

affix post-it note here  
each week



affix post-it note here  
each day

## Part 3

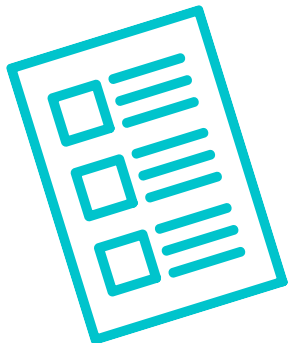
# Build your body, master your movement



Based on the design of the human body, we know we should be able to push, pull, squat, lunge, twist and a lot of combinations of those. Plus, we should preserve enough stamina to enjoy life.

*Maintaining strength, flexibility, mobility, agility, balance and stamina delays old age dependence on assisted living*

Your weekly plan should address each of these at least once, in order to ensure resilient elder years and a robust recovery should you need medical or surgical intervention for anything..



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Long walk in nature	Yoga class	Spinning	Personal Training/Strength	Pilates	Personal Training/Strength	Swimming

MYTH:

I NEED A REST DAY.

No. You do not - unless you are training for the olympics.

How much should I exercise?

A minimum of 30 minutes every day.

How hard should I exercise?

At least enough to elevate your heart rate and breathing.



Still not sure?

- \* What to do for exercise
- \* Where to exercise
- \* How hard to exercise
- \* What is safe exercise
- \* How to see measurable changes
- \* Exercise and your medical condition or injury
- \* How to get stronger/more flexible or race ready

Hire a fitness pro !



# Home Workout

Of course, variety is the spice of life! Do something different every day. But if you don't know what to do today, **do these exercises.**



Lunges  
x10



Stand-ups  
x10



Single Leg  
Deadlifts x10



Leg Raises  
x10



Single Leg  
Planks x10



Push-Ups  
x10



Walk Or Run 30 minutes,  
Inside or Outside



Limit your sitting to no more than 50 minutes per hour. Get up and move, move move. While seated, sit with great posture, away from the back of the chair.





## Part 4

# Nourish yourself with *BEST* choices



Life is a constant negotiation between "trying to diet" and "dying to try it!"

## We don't believe in food rules that make you miserable and unsociable!

Having said that, consider the following ~~rules~~ ...er, um...guidelines.

- \* Experiment with your own rules, without being rigid and miserable.
- \* Sit down and slow down.
- \* Eat most of your meals at home, having prepared them yourself with fresh, not packaged & processed, food.
- \* Prioritize filling most of every plate with lean protein and vegetables.
- \* If you do eat out at a restaurant known for large portions, bring a container from home. Put half of the meal away before you start eating.
- \* Do not keep treats and snacks in the house. It doesn't mean you can't have ice cream from time to time, but go out and have an ice cream with your friends or family, rather than keeping it in the house. If you buy it, you will eat it. You will eat all of it, eventually.
- \* Before you go shopping, have a meal or eat some nuts. Shopping while hungry can lead to bad decisions.
- \* Enlist the support of your family for your healthy food choices.

Remember - healthy eating is not just for weight loss. Everyone benefits from good food choices.

There is no need to deny your familial and cultural food preferences. Simple tweaks can make a big difference, rather than overhauling everything you know about food.



### Is food a problem for you?

- \* Food is always on my mind.
- \* I feel anxious and/or guilt associated with eating.
- \* I'm trying really hard, but not losing weight.
- \* My cravings are killing my diet!

Consider that you may need professional coaching or mental health help.

# 7 Day Nutrition Challenge

Design your own challenge. Invite your family and friends to join you. This exercise is not to create a permanent change, but rather to prove to yourself that change is possible. Be curious and observe your emotions, your energy, and your body's response to the changes you make.

No sugar  
No imported foods  
Vegetables at every meal  
Utensils down between bites  
Kitchen's closed between 8pm and 6am  
Water 20 minutes before eating  
Vegetarian only for one week  
Eat only on smaller plates this week  
30 minute walk after dinner  
No drinks with calories  
Eat with no distraction

## Your ideas:



Again - the idea behind playing with challenges is to challenge your perception that you can't make healthy changes. There is no pressure to be perfect. Just an invitation to be curious & playful.



# Wrap it all up

The life of an expat woman can be a truly awesome experience. There is constant change and fresh perspective around every corner. It's not, however, always easy to factor in self-care. It would be difficult if you stayed in your home country - just ask any one who did! But you have the added challenge of finding workout buddies, fitness professionals to help, familiar food and a routine that supports self care.

There is no reason to put off your self-care, just because you're on the move. In fact, being a nomad requires special attention to your diet and exercise needs. Consider getting help to get you on track and keep you motivated, energized & strong.

## And finally...stay safe!

- \* Know & respect the cultural expectations for where you reside.
- \* Know how to find help, should you need it.
- \* Keep your emergency contacts available on your phone in front of the password protection wall.
- \* Inspect a number of gym facilities before you sign up. You will probably NOT get a refund if you decide you don't like it. Take free trial classes or day passes to see if it is a good fit for your needs.
- \* Do not let un-vetted trainers come to your home when you are alone.
- \* Know where your food comes from and how it is handled - take precautions to avoid getting sick.
- \* Take time to adjust to your new climate.
- \* If it doesn't seem safe, it probably isn't. Trust your gut.
- \* Always tell someone where you're running/cycling/swimming and when they can expect to hear from you.

Find us on  
**facebook**



Global Fitness

global.fitness.cori



mia\_globalfitness



Let us coach you!

Any time.  
Any where



**skype**

Mia: mb.globalfitness@gmail.com

Cori: cp.globalfitness@gmail.com