

5 DAY Midlife Energy Reset

Quick Home Workouts + Real-Life Nutrition
Tips to Boost Your Energy, Mood & Confidence



VIB
FITNESS



Hey Lovely,

If you've been feeling tired, sluggish, or like you've lost a bit of your sparkle... **you're not alone.**

I'm Laura (founder of LKB Fitness), and I'm here to show you that you can feel amazing in midlife — without crazy diets, punishing workouts, or living on chicken and broccoli.

This 5-Day Reset is designed to:

- Give you more energy
- Help you feel lighter and less bloated
- Reconnect you with your confidence
- Fit into your real life (*kids, work, busy schedules and all!*)

So let's keep it real, authentic and fun, and get you feeling your absolute best.

You've got this,

Laura ♥♥

HOW THIS WORKS



Time commitment:

15 minutes a day for workouts + small daily food tweaks.



Equipment

2 x dumbbells (or use two water bottles for now to get you started).



Nutrition

Daily tips on ways to change your nutrition and create better habits.



Mindset

Progress > perfection

DAILY PLAN OVERVIEW

1

15-Minute Workout

(video links or descriptions included)

2

Nutrition Tip of the Day

3

Hydration Goal

2L water

4

Sleep Goal

Aim for 7-8 hours

5

Energy Check-In

Rate your energy from 1-10

DAILY BREAKDOWN

DAY 1

Wake Up Your Body



Workout: 15-Minute Full Body Fun



Nutrition: Swap refined carbs & sugary cereals for a 30g of protein breakfast! (e.g. 3 egg Omelette with peppers, spinach & slice of whole grain toast, or Greek yogurt bowl (2 x tbsp chia seeds, soak in a splash of almond milk for 5 mins, add 150g Greek yogurt & berries))



Energy Tip: Get 10 minutes of Morning Daylight.



DAY 2

Core Confidence



Workout: 15 Minute Abs Workout



Nutrition: Add an extra serving of greens/veggies to lunch today. (Chopped carrots, handful of spinach)



Energy Tip: Walk 5 mins after each meal.



DAY 3

Lower Body workout



Workout: 15 Minute Lower Body Workout



Nutrition: Swap sugary snacks for Greek yogurt and berries - maybe add some honey or a tsp of maple syrup for sweetness also.



Energy Tip: 60-second cold splash at the end of your shower




DAY 4

Arms & Abs workout

 **Workout:** 15 Minute Upper Body Workout

 **Nutrition:** Add healthy fats to dinner (avocado, olive oil, nuts).

 **Energy Tip:** No screens 30 mins before bed.



DAY 5

Feel Good Flow



Workout: 15 Minute Boxercise



Nutrition: Drink water before every meal.



Energy Tip: 5 deep belly breaths before starting your day





FITNESS DIARY

Day	Workout Done?	Energy Level	Mood	Notes
1				
2				
3				
4				
5				



WHAT'S NEXT?

You've done 5 days... **now imagine 8 weeks.**
You've just scratched the surface.

If you're ready to:



Drop body fat



Increase strength & tone



Feel confident in your clothes again



Have the accountability & community to keep going

Then join me for the **LKB Fitness 8-Week Shred**
starting **September 8, 2025.**

CLICK HERE
Grab your Spot now!



I'd love to offer you a place on my 8 week shred with a **10% discount code**

Join us for 8 weeks of fitness and fun and use code: **SHRED 10**