

FLIPPING 50'S 2026

# HEALTHY HOLIDAY GUIDE

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www.flippingfifty.com

# GRATITUDE!

## THIS IS HOW WE CELEBRATE

We're back!  We're celebrating this annual tradition since 2013.

Anything inside, I've made, used, do, love or designed for you! From experiences I love in places I've been to products I use daily at home.

My holiday wish for you, that you lose the counting points, calories, steps, and sizes and settle into a way of being that works for you delivering the energy, peace and power you want to make every day your best.



Debra

**The links included will be "live"** if you have the guide **on your computer or device. Best Black Friday rates start now.**



# EVENT OVERVIEW

## HOW TO HANDLE HOLIDAYS & RECIPE MAKEOVERS

What to say when they say, here have just one! otherwise known as food-pushers who may not be on the exercise wagon you are dedicated to.

## STRENGTH & INTERVALS

Quick workouts that may leave you in better shape in January than now because of their positive influence on hormones.... leaving you plenty of energy to deck the halls or wiggle your toes in slippers.

## MY FAVORITE THINGS

A season of items you will love during Black Friday events ahead for benefits that extend far beyond holidays.

## 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! Retreats for adventure, learning, Trainings for new purpose and career change, or Membership for that commitment to longevity.



# HOLIDAY THRIVAL

## 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 EAT 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.*



# APPETIZERS & SMALL PLATES

## MAPLE ROASTED VEGGIES

*These? I could make on repeat. Start with the recipe, then make some changes and try other veggies. You'll love these as appetizers, and then make them as a side dish.*

## CHIMICHURRIE STEAK BITES

*You're used to shrimp or scallops but here's a more novel, less expected but simple option for apps. They'll disappear.*

## SHRIMP WITH AVOCADO AND CUCUMBER

*It's a staple at buffets but the combination makes this one special. Add this one to your line up this year for a light option that supports blood sugar too.*

## BACON-WRAPPED SHRIMP

*You had me at bacon. But wait, you might be saying, is that healthy? Let's remember we ate Doritos with French Onion Dip, but yes, buy nitrate-free and don't eat it daily. There's room for bacon.*

## GOAT CHEESE STUFFED DATES

*Complete the options with this sweet and savory option. Any one of these apps is worthy, but combine these flavors and you have a perfect meal of small bites.*



# maple roasted veggies

CARAMELIZED, CRUNCHY, GONE IN MINUTES

## ingredients

- 1 lb Brussels sprouts, halved
- 1 lb butternut squash, 1" cubes
- 2 large carrots, 1" chunks
- ½ red onion, chopped
- ⅓ cup pecans
- ⅓ cup crumbled goat cheese
- 3 T maple syrup
- 1 T olive oil
- ½ tsp each kosher salt, dried oregano
- ¼ tsp each black pepper, dried thyme

## directions

Heat oven to 425°F. Line a pan with parchment.
Whisk maple, oil, salt and herbs; toss in veggies.
Spread in one layer (2 pans if crowded).
Roast 30 min, stirring at 15.
Add pecans; roast 8–10 min more.
Top with goat cheese while warm.

Adapted from Spend With Pennies



# chimichurri steak bites

STEAKHOUSE FLAVOR IN 20 MINUTES

## ingredients

- 1½ lb thick-cut grass-fed steak, cubed
- ¼ cup olive oil
- 2 tsp sea salt, 1 tsp pepper

Chimichurri:

- 1 cup minced parsley
- ½ cup olive oil
- ¼ cup sherry or red wine vinegar
- 3 garlic cloves, minced
- 1 tsp dried oregano
- ¼ tsp red pepper flakes
- Salt and pepper to taste

## directions

Stir chimichurri ingredients together; season.
Toss steak with oil, salt and pepper.
Sear in batches in a very hot cast-iron pan until crusted, about 3 min.
Rest 10 min. Serve with chimichurri on top or for dipping.

Recipe: The Endless Meal

# shrimp avocado bites



COOL, CRISP, FIRST PLATE EMPTY

## ingredients

- 1 lb large shrimp, peeled, deveined
- 2 garlic cloves, minced
- 1 T chopped cilantro, + more
- 1 tsp paprika, ½ tsp cayenne
- ½ tsp sea salt, ¼ tsp pepper
- 2 T olive oil, divided
- 1 avocado, ¼ tsp salt
- 1 T lime juice, + more
- 1 English cucumber, 22 rounds

## directions

Pat shrimp dry. Toss with garlic, cilantro, spices and 1 T oil.
Sear in 1 T hot oil, 2 min per side.
Mash avocado with salt and lime; spread on cucumber.
Top each with shrimp, lime and cilantro.
Chill up to 4 hours. Makes 22.

Recipe: Natasha's Kitchen



# bacon-wrapped shrimp

SWEET, SPICY, AND YOUR WOW PLATE

## ingredients

- 20 extra-large shrimp, tails on (about 1 lb)
- 10 strips thin-cut bacon
- ¼ tsp sea salt
- 2 T pure maple syrup
- 1 T Sriracha
- ½ lemon, in wedges
- 1 scallion, chopped
- Skewers, soaked 30 min

## directions

Heat oven to 400°F; line a pan.
Bake bacon 10 min (rendered, still floppy); drain.
Salt shrimp 1 min, rinse, pat very dry.
Mix maple and Sriracha; brush both sides of bacon; halve strips.
Wrap each shrimp, skewer, brush with remaining glaze.
Bake 5 min, then broil 4–6 min, turning once, until crisp. Serve with lemon and scallion.

Recipe: Inspired Taste



# stuffed dates

YOUR SWEET FINISH

## ingredients

- 17 Medjool dates, halved, pitted
- 4 oz goat cheese
- ½ cup pecan halves, chopped
- 1 T maple syrup
- 1 tsp fresh thyme, + more
- Paprika and sea salt, to taste

## directions

Heat oven to 400°F.
Toss pecans with maple, thyme, paprika and salt.
Roast on parchment 8–10 min; cool.
Fill each date half with goat cheese; top with pecans and thyme.
Makes 34.

Recipe: Eating Bird Food

*Go big or go home? Use the whole pitted date. You may also want to double this recipe - these will disappear fast!



# STRENGTH SESSIONS

HIGH IN EFFORT, CONSISTENCY AND LOW IN COMPLEXITY

## 10 Minutes

- Chest press, bent over row, squat  then ...
- Chest press alternating, Bent arm pullover, ball ham curl then
- 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

Got 30 minutes? Add both above.

## WU + CD

Pick up a “loop” band to slide over knees, and do side steps while holding a moderate depth squat.
Rear lunge to a knee lift 10x each side
a few boxing punches
You’ve done upper and lower body and core wake up. Take time to do this 5-10 mins.

Stretch ankles, hips and your upper back.
Downward dog
Runners lunge or deep warrior pose
Side lying clam moving top arm open and behind you.



# 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)

OPTIONALLY ADD **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



# FAT BURNING

CONTROL THE BLOOD SUGAR

## BURN vs STORE

**Secret to Fat Burning** (it's *not fasting, fasted exercise, or hours of endurance exercise)*
It may be more simple amd less direct.
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.

# MEMBERSHIP




THE HALO METHOD™
EXERCISE PRESCRIPTION GUIDE

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 **NEW MEMBER SAVINGS THRU CYBER MONDAY.**
**CODE: BLACKFRIDAY26**

- **13 12-WEEK DONE-FOR-YOU STRENGTH PROGRAMS**
- **NO RANDOM COLLECTION OF VIDEOS**
- **3 UNIQUE RESET PROGRAMS**
- **1000 EXERCISE VIDEOS WITH COACHES** TO DESIGN YOUR BEST STRATEGY FOR REDUCED SYMPTOMS AND OPTIMAL **LONGEVITY: POWER, STRENGTH, CARDIO, MOBILITY, STABILITY, AGILITY AND HOW TO TEST IT.**
- **BONE HEALTH COURSE** -WITH 6+ MODULES ON EXERCISE, HT EFFECTS, NUTRITION, LIFESTYLE AND REFERENCES
- **MEMBER DISCOUNTS ON FLIPPING 50 PROTEIN, RETREATS**
- **WEEKLY LIVE COACHING** WITH INTERNATIONAL FITNESS EXPERT DEBRA ATKINSON (REPLAYS)
- **EXCLUSIVE MASTERCLASSES, VIRTUAL RETREATS**
- **MONTHLY CHALLENGES -** GLUTES, CORE, MOBILITY, LEARN YOGA, EXERCISE SNACKS, STABILITY
- **NEW MEMBER ONBOARDING COACH**




## ON OR OFFLINE ON ANY DEVICE

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 membership in 2016.

This website format is just like any website... only better. Use it on or offline as a member so travel or rural locations are easy. Any device any time.

The exercise with science 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 no Fb group required,

Debra

# 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

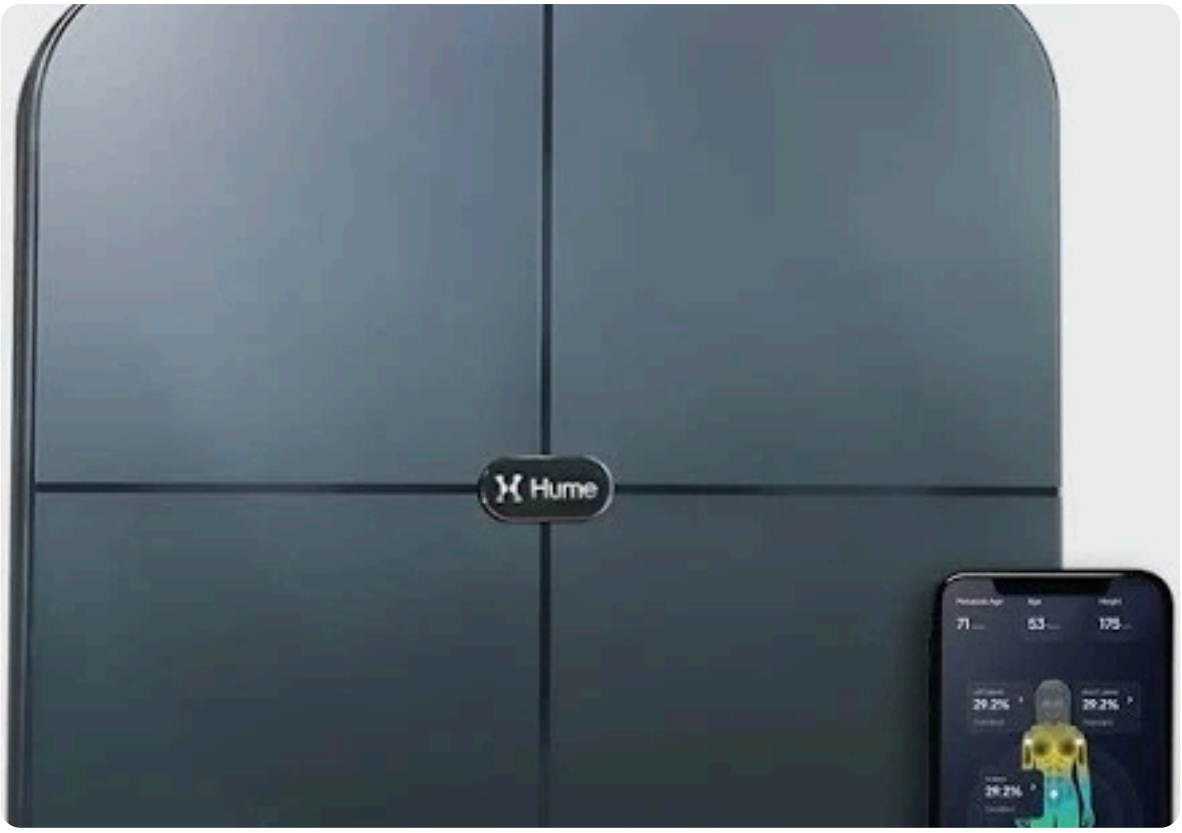
**ENHANCES BLOOD FLOW AND RECOVERY FOR MOBILITY**

FASTER RECOVERY AND REDUCED SORENESS. WEBMD, 2022

FLIPPINGFIFTY.COM/POWERPLATE

CODE: **FLIPPING50** SAVE 20-25% NOW WITH THE BLACK FRIDAY MONTH-LONG EVENT WITH OUR CODE!

# HUME SCALE




# MEASURE WHAT MATTERS

**MEASURE MORE THAN WEIGHT**

TRACK MUSCLE AND BODY COMPOSITION. AND VISCERAL COMPARE LEFT AND RIGHT SIDES AND ALLOW THE WHOLE FAMILY TO USE IT.

**OPTIMIZE HEALTH CHOICES**

WEEKLY INSIGHT FOR TRACKING, FEEDBACK ON TRENDING THAT CAN SYNC WITH YOUR WEARABLE IF YOU CHOOSE.

**TRACK MUSCLE IN LB/KG**

WITH INCREDIBLE VISUAL DISPLAY AND 98% ACCURACY, THIS MODEL HAS QUICKLY BECOME THE ONE I FIND USERS LIKE. THIS, NOT YOUR WEIGHT OR SIZE, DETERMINES YOUR FUTURE.

**FLIPPINGFIFTY.COM/HUME**

CODE **FLIPPING50** RIGHT NOW **UP TO 38% OFF BF!**

**EVERY HOME NEEDS ONE**

# BETTER FEET




# IF SANTA HAD SHOES...

## THE MUSCLES IN YOUR FOOT ARE SLEEPING

CUSHIONED SHOES ARE LIKE PILLOWS TODAY. THE MUSCLES IN YOUR FEET ARE SUFFERING BECAUSE OF IT. FIVE TOE SHOES WITH ZERO DROP WAKE THEM UP

**RIGHT NOW 25% OFF ALL OPTIONS**

IF YOU'VE BEEN THINKING ABOUT IT, HEARING ME TALK ABOUT HOW AND WHY I FINALLY CAVED AND HOW I USE THEM, THIS IS A GREAT TIME TO TRY YOURSELF.

## POSTURE STARTS ON THE GROUND

FEET ARE THE FOUNDATION OF EVERY JOINT ABOVE IT. TWICE IN YOUR LIFE IT MATTERS. AS YOU START TO WALK... AND AS ADULTS STOP WALKING WITH OPTIMAL GAIT. IF YOU'VE GOT SHOES ON ALL THE TIME; CUSHIONED WORKOUT SHOES ARE YOUR GO-TO, THIS MAY CHANGE YOUR MECHANICS AND IMPROVE EVERYTHING.

**FLIPPINGFIFTY.COM/PELUVA**

NO CODE NEEDED DURING BF THRU DEC 2! 25% OFF ALL
(DEBRA10 AFTER BF ENDS)

# AGING OPTIMALLY




The habit I started April '22 and still do. c60 for mitochondria (energy) and cellular repair. Now in gummies I started last Christmas. Warning: these are too good. Testimonials range from reversing macular degeneration to fertility at 49, the stories are powerful. It's an antioxidant powerhouse that repairs cellular damage and oxidation.

Gummies Black Friday sale
Click here

51% off thru Dec 2 (59% off with subscription)

Mineral depletion is a real concern with water systems removing the good along with the bad, soil quality leading to lower quality food sources of minerals and everyday habits that deplete them. Dieting? That too.

It's not just the electrolytes, it's all the micronutrients. I've been using BEAM since July. My labs July -Oct just showed significant improvement since using BEAM. My energy level does too. Just a subtle uptick.
It's not a capsule (but can be), it's a liquid, first thing in water. Tasteless.

BEAM MINERALS




BEAMMinerals.com/flipping50

Code: FLIPPING50
20% off

OPTIMAAL AGING



# SUNLIGHTEN SAUNA

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

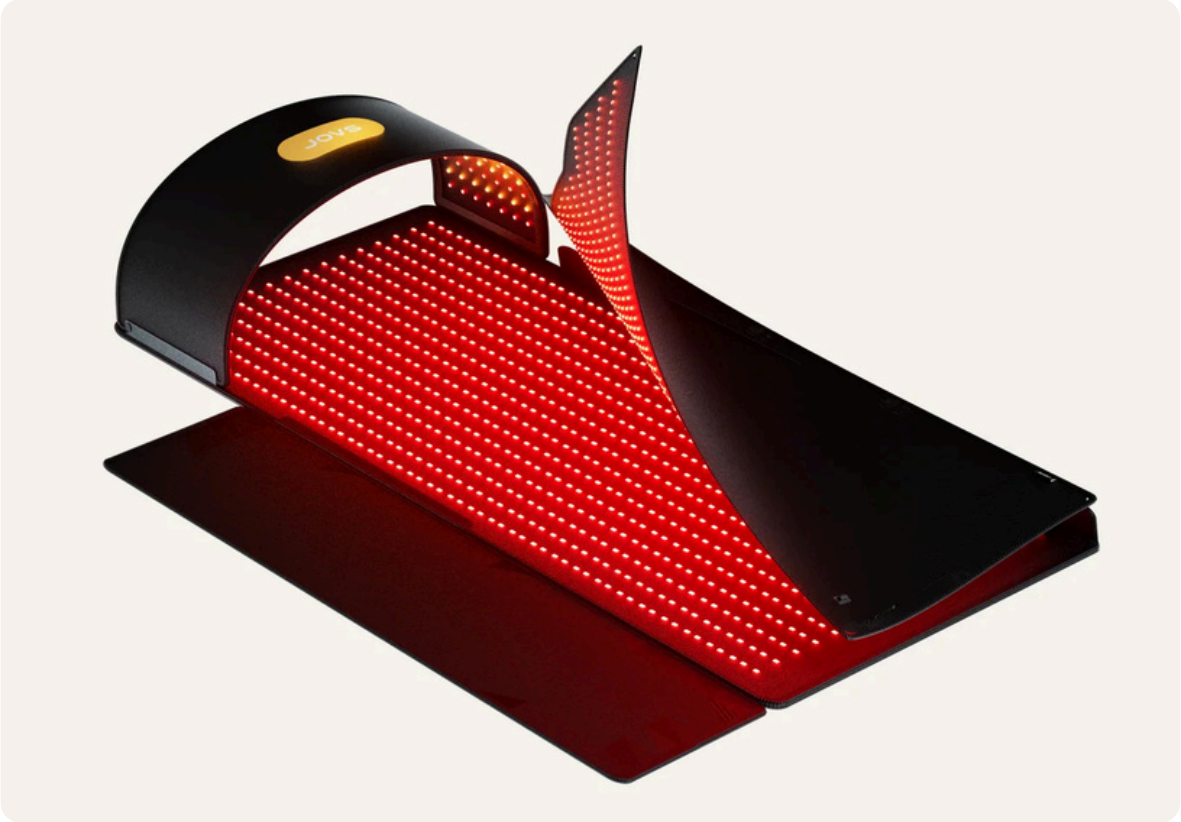
**SAUNA USE 4-7 TIMES PER WEEK** WAS ASSOCIATED WITH A 65% REDUCED RISK OF DEVELOPING ALZHEIMER'S DISEASE IN ONE STUDY, AND 40% IMPROVED LONGEVITY.

**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

I USE IT END OF DAY MOST OFTEN BUT TRY TO COUPLE WITH A WORKOUT FOR AMPLIFIED BENEFITS. RECENTLY? TO GET OVER A COLD! BLACK FRIDAY SALES + SHIPPING + RED LIGHT MASK

OPTIMAAL AGING




# RED LIGHT THERAPY

**HEALING FOR MUSCLE**

PAIN, INFLAMMATION, WOUND HEALING, TISSUE REPAIR

**JOVS PORTABLE BAG PRO**
**CODE: DEBRA2 $280 OFF BF SPECIAL**

**COLLAGEN PRODUCTION FOR SKIN**

SKIN TONE, TEXTURE, FINE LINES

**JOVS FACEMASK**
**CODE: DEBRA1 $190 OFF BF**




650-1200 RANGE
LOWER LEVELS FOR FACE AND SKIN

SLEEP




# MAGNESIUM & METABOLISM

**MAGNESIUM BREAKTHROUGH FOR FULL-SPECTRUM MAGNESIUM** NOW ALL 10, FULL SPECTRUM MAGNESIUM TYPES. NO MORE GUESSING ABOUT GLYCINATE, CITRATE, MALATE.... YOU GET THEM ALL. ONE NIGHT...I FINISHED THE BOTTLE.. HAVEN'T LOOKED BACK.

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



# GUT




**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.

PST: THE **MAGNESIUM BREAKTHROUGH** ON PREVIOUS PAGE CAN HELP WITH REGULARITY TOO.

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



**GUT FUEL** BY PENDELUM (WITH AKKERMANSIA)
YOU CAN FIND PENDULUM PRODUCTS NOW ON SHELVES AT SPROUTS, EREWHON, TOO. NO DISCOUNT LINKS TO SHARE... JUST LOVE IT!

# SKIN SOOTHE

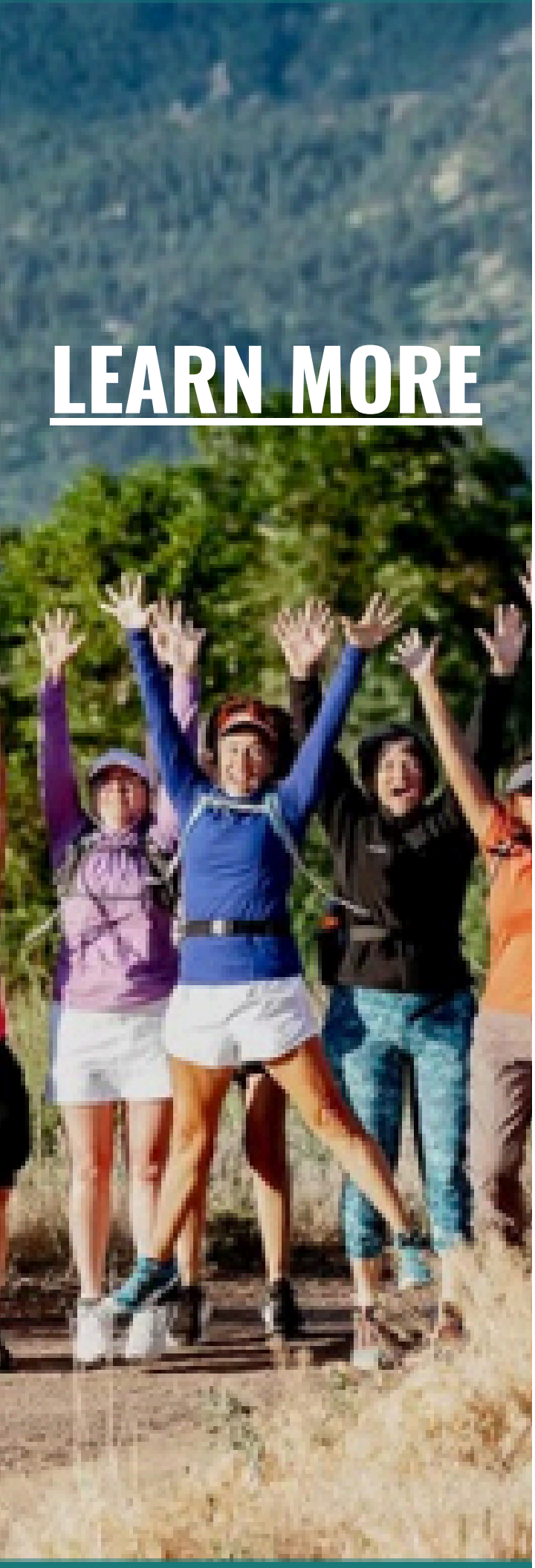



**ANNMARIE SKIN CARE SERUM TRIO + FREE ANTI-AGING FACIAL OIL, ONLY $29.99 (A $97.99 VALUE)**

FOR THE AUDIENCE WHO READS EVERY INGREDIENT LABEL. THIS TRIAL SET FROM ANNMARIE SKIN CARE INCLUDES THREE BEST-LOVED SERUMS (ANTI-AGING, CITRUS STEM CELL, AND PROBIOTIC WITH TREMELLA) PLUS A FREE SAMPLE OF ANTI-AGING FACIAL OIL. WILDCRAFTED, ORGANIC, AND MADE SAFE®-CERTIFIED, IT'S A COMPLETE SERUM-AND-OIL ROUTINE FOR JUST $29.99 WITH FREE U.S. SHIPPING.

FLIPPINGFIFTY.COM/GLOWINGSKIN

BUY A HANDFUL... FOR YOUR GYM BAG, AND YOUR GUEST ROOMS/BATHS, YOUR DAUGHTERS, DIL, AND FRIENDS.
SINCE I MET ANNMARIE, IT'S BEEN A PART OF MY ROUTINE AND IN MY GYM/POOL BAG, AND OUR GOODY BAGS EVERY TIME!



LEARN MORE

FLIPPING 50

# RETREATS 2027

1 **BOULDER CO** June 2-6 in the epic beauty of trails and adventure in Boulder area.
Training begins 90 days in advance.
SINGLE ROOM Code: Blackfriday1000
SHARED ROOM (you both book this)

2 **AMES IA** Spring training for longevity.
**April 28-May2.** Limited onsite.
**Early bird Onsite stays:** Sale now!!
meals, lodging, acivities, events
**Early Offsite stays**: no lodging, no breakfast, musical & activities Use code: **BFamesretreat40** (offsite only)
Want to share a room? EMAIL.
LIMITED onsite spots.

3 **MOAB UT** Oct in Moab is beautiful. Epic views, hikes, yoga and food in this amazing setting. Voted Most Epic location! Oct 13-17. World class resort.
Early bird rate! first 6 save $1000
(no coupon during BF week)
Luxury resort setting.



# RETREATS 2027

## WORKSHOP INTERACTIVES AT RETREATS

### MUSCULOSKELETAL CHANGES WITH MENOPAUSE

*Identify the muscle, bone and connective tissue changes that will happen without mitigation and how to pivot when they throw a curve to your regular exercise routine.*

### CORTISOL, ADRENALS, THYROID & EXERCISE

*When you've pushed through it and gotten the degrees, the promotions, the benefits of muscle and body composition ... and it stops working, what to do so these three are back on board for metabolic health.*

### STRENGTH PLUS CORE, GLUTES & PELVIC FLOOR

*As you work in the strength and identify optimal technique in moves, or modifications; tap into three areas for true core, injury prevention, and enhanced activity accessibility.*

### SLEEP & EXERCISE RESULTS

*When and if you can't sleep, it can and will affect your readiness, injury risk and recovery from exercise. What to do so you keep sleeping, how to mitigate when you can't.*

### BODY WORK EXPERT

*A one-on-one 30 minute session with a local Boulder favorite of world class athletes vetted for you. A consistently rated favorite!*

RETREAT



# BOULDER 2027 JUNE 2-6

**OUT OF THE GYM, INTO YOUR LIFE**

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

(MORE NEXT PAGE)

**ONSITE** OR **OFFSITE STAY OPTIONS:**

ONSITE ALMOST SOLD OUT

YOUR LINKS & CODES:

**SINGLE ROOM**: CLICK FOR BOULDER SINGLE

SINGLE ROOM **BLACKFRIDAY1000**

**DOUBLE ROOM:** DOUBLE ROOM (EACH BOOK)

DOUBLE ROOM (BOOK WITH A FRIEND OR SISTER)

**OFF SITE:** SUPPORT@FLIPPINGFIFTY.COM

OFF SITE EMAIL FOR COUPON CODE AND RATE

RETREAT




# AMES IA APRIL 28-MAY1

**WORKOUTS & LEARN-INS**

90-DAY TRAINING PLAN TO PREPARE, WED EVE KICKOFF TO SAT AFTERNOON DAILY MOVEMENT SESSIONS, A BALANCE OF RECOVERY & CHALLENGING ACTIVITIES, BODY WORK, COOKING SESSION AND DINING OUT, EXERCISE FOR HORMONE & LONGEVITY EDUCATION (MORE NEXT PAGE)

**LIMITED TIME** **VERY LIMITED ONSITE** SPOTS

**BLACK FRIDAY RATE!**

NO CODE SALE DURING BLACK FRIDAY EVENT!!!

INTIMATE SMALL GROUP ONSITE

WITH **OFFSITE ATTENDEE OPTION CODE: BFAMESRETREAT40**

MOVEMENT SESSIONS, OPTIMAL AGING PRESENTATIONS, COACHING ON EXERCISE, RECOVERY, NUTRITION, SLEEP

PLUS MENOPAUSE THE MUSICAL TICKET

# RETREAT



# MOAB OCT 13-17

**OUT OF THE GYM, INTO YOUR LIFE**

90-DAY TRAINING PLAN TO PREPARE, WED EVE KICKOFF TO SUN AM SUNRISE HIKE, DAILY HIKING, A BALANCE OF RECOVERY & CHALLENGING ACTIVITIES, COOKING SESSION AND DINING OUT, EXERCISE FOR HORMONE & LONGEVITY EDUCATION (MORE NEXT PAGE)

**ONSITE LUXERY RESORT STAY**

**LIMITED TIME BF RATE!** NO CODE SALE DURING BLACK FRIDAY EVENT!!!

JOIN THIS LUXURY RESORT IN EPIC HIKING VENUES POOL, HOT TUB, STARS LIKE NO OTHER! MOVIE SET SCENERY AND OPTIMAL AGING LEARNING

**DOUBLE ROOM:**

EMAIL SUPPORT@FLIPPINGFIFTY.COM FOR AVAILABILITY AND RATES IF YOU'RE READY.

MENOPAUSE FITNESS SPECIALIST




# Sale ON BLACK FRIDAY 2025 RATES

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
Active daily WhatsApp group 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 Clients (Hotties) workshop 5-hour workshop
**Bonus:** Offer Creation Lab (3-hour workshop)
**Bonus:** December Free

50% Off PIF BLACK FRIDAY EVENT No Coupon Required!!
**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...

**50% off PIF** now during Black Friday EVENT - No coupon required
THE MENOPAUSE COACHING & BUSINESS COURSE
We've turned back to 2025 and added a Black Friday sale

# HEALTH PROS CON EDUCATION







## EDUCATION FOR COACHES

THREE OPTIONS THAT POSITION
YOU AS AN EXPERT HEALTH COACH FOR 2027

1. **LONGEVITY FITNESS COACH**
2. **GLP-1 FITNESS COACH**
3. **BUNDLE - EXTRA SAVINGS!**
4. **EXRX FOR WOMEN 40+**

ALL OPTIONS **ON SALE FOR 50% OFF DURING BLACK FRIDAY EVENT**
**CODE: BLACKFRIDAY50**



**CHOOSE NOW**

# CONNECT...

app.flippingfifty.com (use previous links in post for BF specials)
flippingfifty.com
youtube.com/flipping50tv
instagram.com/flipping50tv
facebook.com/flipping50tv

**Additional Debra's Favorites:**
flippingfifty.com/resources



Special '27 kick off retreat in Jan! Yoga-Core-Glutes-Exercise Snacks-Core

# GRATITUDE...



Special ‘27 kick off retreat in Jan! Yoga-Core-Glutes-Exercise Snacks-Core

FLIPPING 50 / 2026

# BLACK FRIDAY SAVINGS

Your favorite wellness gifts, with every shopping link in one place.

| GIFT / EXPERIENCE | SAVINGS + CODE | SHOP |
|---|---|---|
| POWER PLATE | 20–25% off \| FLIPPING50 | SHOP POWER PLATE |
| HUME HEALTH SCALE | Up to 38% off \| FLIPPING50 | SHOP HUME |
| PELUVA SHOES | 25% off \|No code needed | SHOP PELUVA |
| C60 POWER GUMMIES | 51% off; 59% with subscription | SHOP C60 |
| BEAM MINERALS | 20% off \| FLIPPING50 | SHOP MINERALS |
| JOVS FACE MASK | $190 off \| DEBRA1 | SHOP FACE MASK |
| JOVS RED LIGHT BAG | $280 off \| DEBRA2 | SHOP RED LIGHT BAG |
| BIOOPTIMIZERS | 15% off \| FLIPPING50 | SHOP MAGNESIUM + GUT |
| ANNMARIE SKINCARE | Serum trio $29.99 \| No code listed | SHOP SKINCARE |

* Professional-course PIF discount automatically applied during sale; code available as backup. Check final prices and offer deadlines at checkout. Offers may change. Not all offers visible in store: use links.

# MORE WAYS TO SAVE

Retreats, professional education, and your stronger year ahead.

| GIFT / EXPERIENCE | SAVINGS + CODE | SHOP |
|---|---|---|
| BOULDER RETREAT · SINGLE | $1,000 off \| Blackfriday1000 | VIEW SINGLE ROOM |
| BOULDER RETREAT · SHARED | $2,495 each \|No code] | VIEW SHARED ROOM |
| CENTRAL IOWA · ONSITE | Black Friday pricing automatic | VIEW IOWA RETREAT |
| CENTRAL IOWA · OFFSITE | 40% off \| BFAMESRETREAT40 | VIEW IOWA RETREAT |
| MOAB RETREAT | Early-bird pricing \| No code | VIEW MOAB |
| MENOPAUSE FITNESS SPECIALIST | **2025rollback+ 50% off PIF** Blackfriday50* | VIEW SPECIALIST |
| GLP-1 + LONGEVITY COURSES | 50% off \| Blackfriday50* | VIEW COURSES |
| VIP ANNUAL MEMBERSHIP | Black Friday \| BLACKFRIDAY26 | JOIN VIP |

* Professional-course discount automatically applied during sale; code available as backup. Check final prices and offer deadlines at checkout. Offers may change. All offers are not visible in store. Use links.



# THANK YOU

## YOU'RE CHANGING HISTORY

They're taking your lead. Make the most of your final days of 2026.

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

# NOTES

# 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 $69 and worth every penny with full credit applied to your next step if you decide to take one with us.

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

STAY TUNED for YOUR INVITE

