From: **Alexia Degremont** alexiadegremonthealth@gmail.com
Subject: Me To You: cycle syncing, abs + many news!
Date: July 14, 2023 at 11:54 AM
To: francescajensen1@gmail.com

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Welcome to ME TO YOU, a sporadic collection of all the health things I loved, learned & heard.

Hi Francesca,

Happy Friday! I hope you are having a great summer. I am excited to share with you my latest updates and inspiration for leading a well-balanced and fulfilling life. I hope this letter further inspires a healthier and happier life for you. Feel free to comment or reach out to me if you want to me discuss or delve into anything for the next letter. I appreciate all of you!

The Cycle Syncing Trend

I recently made a post about the cycle syncing trend. I was curious myself when I heard about it. I mean you are working with your body and your hormones, so it should be simple right? However, the term cycle sync in my mind means OVERWHELM. If you were to listen to your body you would naturally do what feels right. You would take breaks when you need to and

push when you need to. In Sculpt, I help teach you how to listen to your body, as well as how to optimize results for YOUR specific body type and energy goals.



Starting back at square one… “Do I really need this!?” 👀

The answer is NO.

All you need is to be able to listen to your body. ✨

Of course, doing high intensity workouts every day of the month isn’t the best for your health or your fat loss, but you don’t need a detailed & prescriptive plan to tell you that.

What you truly need is👇🏽

⚡ Know your body type & lifestyle - and how exercise will impact YOUR body.

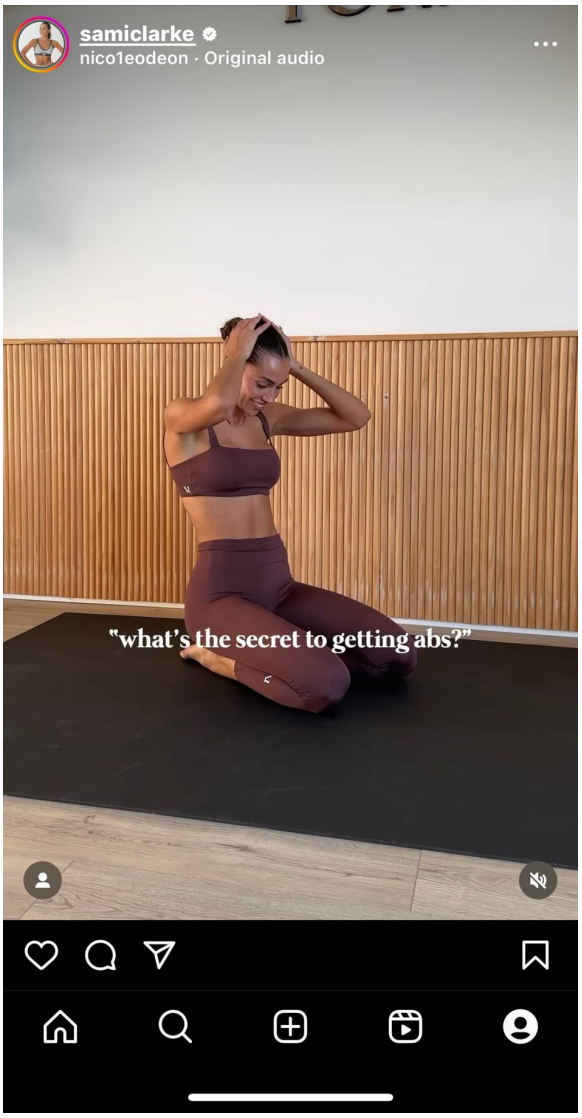
⚡ Optimise your metabolism & hormones with your workouts; increase muscle mass without size & burn fat easily.

⚡ Set an intention for each workout & check in with how you feel.

THE REEL

Social content reviewed & de-bunked!





The reel this screenshot has been taken from.

After this quote the creator says “consistency”.

There is no “secret” to getting abs. Although working out consistently may help tone and sculpt your ab muscles, diet, genetics, hormones, and body fat percentage will all determine what makes your ab muscles appear.

First I want to say that having visible abs is different than having a defined and toned tummy. If having visible abs is something you want, your body fat percentage needs to be really low, and unfortunately some people may not be able to achieve this healthily, specifically women.

It is false to say that if one works out consistently they will have abs. Genetics

It is false to say that if one works out consistently they will have abs. Genetics and low body fat are a huge factor. So, reminder, having visible abs does not mean you will be happier or healthier!

SEND ME CONTENT YOU SAW TO REVIEW & DEBUNK!

Should I be meditating? *by Francesca*



According to the American Psychological Association, meditation is the profound and extended contemplation or reflection in order to achieve focused attention or an otherwise altered state of consciousness and to gain insight into oneself and the world. So, although the idea of meditation is to calm your mind and raise your consciousness, the wordy definition alone emphasizes the

complexity in what is supposed to be simplicity. Let alone the questions arise of how long should you mediate? How do you meditate?

The truth is, meditation is powerful and transformation, but figuring out how to do it, finding the time, and having a quiet space are outside factors that can affect your ability to meditate.

Personally, I enjoy meditation as it helps me with anxiety and to practice self love. However, there was a time when if I was unable to meditate first thing in the morning, it would stress me out. I mean, it's a bit anticlimactic that having to meditate would make me more stressed. Now, I like to meditate when I have more time in the morning, or if I have a stressful day ahead I will use it to calm my mind.

I also have learned that there are different types of meditation. It doesn't have to look like the women in the photo above…although if we all had the time and discipline to sit there at sunset, and lived on the water, that would be nice… Anyways, your form of meditation can be whatever you want it to be. I like to do some form everyday. Whether it's yoga, jogging, surfing, a journaling meditation or the traditional way of sitting with my eyes closed, I always feel better after.

There are some meditation resources linked below for meditation that I currently use and love!
xx,
Francesca, Team ADH

HEADSPACE APP

SUPERHUMAN MEDITATION APP

If you loved today's newsletter, forward it to a friend!

And if you're *the* friend, subscribe here to receive this sporadic collection into your inbox!

My top 5

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001 Bala 2 lb ankle weights

002 Summer rolls for lunch

003 Papier daily gratitude journal

004 Oatly Milk with vitamins and minerals

005 And Just Like That (Sex & the City)

NEW FREE TRAINING





SIGN ME UP! (IT'S FREE!)

What's going on!

001 We have a **team** now! Thanks to you guys the ADH community has grown so much. Three interns how joined to help me out, so I can help YOU all more 💕 Say hi to Francesca, Lucy & Waverly.

002 NOURISH The Group Program is officially launching soon. (If you've been following my Stories on Instagram, you know I am working on energy management and re-structuring the back end of my business. This means my offers will change a little, and group programs with support from me are going to go up in price considerably. I am honouring the stated investment now. 🙌🏻🤩) I 50% of the spots are already taken 👀 Aaaah so I am giving you the opportunity to save your spot asap. Click here to learn more + get $100 off with the early-bird discount code.

003 NEW free training is going to be accessible in a bit over a week. Sign up now to make sure it's in your inbox!

004 Stay tuned for Emotional > Conscious Eating as well… Pre-sale is open, and prices are going to go up soon. Learn more and save your seat if you'd like to join the group program with a beautiful group of women.

005 I am travelling the last week of July to the first week of August (definitely follow my Stories for amazing France content! ✌🏻) so if your email or DM inquiry takes a little longer to be responded to, it's because I am on the beach sipping on my rosé! 👙

NOURISH EARLY-BIRD!

Client wins to celebrate 🥂

My 2 E>CE women exceeded their expectations and goals before the program even ended (less than 12 weeks to completely transform their relationship with food, overcome emotional eating once and for all and lose weight with so much ease – they don't even think about it!

Major mindset shifts in Sculpt The Group Program - and it's only been 2 weeks! Starting to allow their bodies, appreciate them and respect them enough to listen to what feels good. The members have now identified their body types, and we're hearing about one light bulb moment after the next. Things are clicking – it's strategic laziness at its best!

No tangible result here, but OH MY the depth of conversations, the spaces help and the vulnerability shared in my 1:1 containers are just mind-blowing. I am beyond grateful to have such a strong community of women who just don't shy away from the deep work and dive head-first into bettering their health, their happiness & their life!

More To Explore

WAYS TO WORK WITH ME

PODCAST

Lots of love,
Alexia

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Made with love in Flodesk.