

FASTER WAY

T O F A T L O S S[®]



FASTER WAY CORTISOL GUIDE

CUT THE CHAOS. CRACK THE CODE. FEEL LIKE YOU AGAIN.

If you've been feeling tired, wired, inflamed, or stuck in a cycle of stress and stubborn fat...you're in the right place.

You've probably seen it all over social media:

"Fasted workouts spike cortisol and cause belly fat."

"Cortisol is the reason you can't lose weight."

"Women over 35 need to avoid stress—or they'll wreck their hormones."

Sound familiar? We get it. Hormones are complex. And the wellness world is full of half-truths and hype, especially when it comes to women navigating stress, midlife, and a body that feels like it's working against them.

But here's the truth: **cortisol is not your enemy**. When it's in balance, cortisol is one of your body's most powerful tools for energy, focus, recovery, and adaptation. The goal isn't to eliminate stress. It's to build a body and a lifestyle that handles it well.

That's exactly what this guide is designed to help you do.

Inside, you'll find:

- A straightforward breakdown of what cortisol actually does
- How to eat and train to support it
- Targeted supplement recommendations
- 10 simple lifestyle habits you can start today

You'll also get an exclusive invite to your next step: the **FASTER Way Cortisol + Strength Program** — a science-backed, clinically proven approach that combines whole-food nutrition, strategic macro cycling, meal timing, and cortisol-conscious strength training to reduce inflammation, crush cravings, improve sleep, balance hormones, and unlock fat loss that actually lasts.

Let's get started.

CORTISOL 101: WHAT IT IS, WHY IT MATTERS

Cortisol is a hormone made by your adrenal glands. It helps your body respond to stress, regulate energy, manage blood sugar, and control inflammation.

Think of it like your internal alarm system. It gets you up in the morning, helps you focus, and keeps you alert when you need to rise to the occasion.

When Cortisol Works Well:

- Spikes in the morning to wake you up
- Gradually lowers throughout the day
- Stays low at night to help you sleep and repair

When Cortisol Goes Rogue:

Chronic stress, poor sleep, under-eating, overtraining, caffeine overload, and blood sugar swings can throw it off. Cortisol becomes a problem when it:

- Spikes at night (making it hard to sleep)
- Stays high all day (leading to anxiety, cravings, and belly fat)
- Gets too low (causing burnout, fatigue, brain fog)

Signs of Cortisol Imbalance:

- Trouble waking up (or hitting snooze 5x)
- Cravings for sugar, salt, or caffeine
- Brain fog and poor focus
- Bloating or digestive issues
- Belly fat that won't budge
- Energy crashes and poor recovery from workouts
- Sleep trouble (wired but tired at night)



MYTH-BUSTING: THE CORTISOL LIES HOLDING YOU BACK

Myth #1: Fasted Workouts = Fat Gain

Truth: Cortisol naturally rises with movement. That's normal—and even helpful. When paired with intermittent fasting and proper post-workout nutrition, fasted training can actually *lower* chronic cortisol levels over time and improve metabolic flexibility.

Myth #2: Cortisol Is Bad and Must Be Eliminated

Truth: Cortisol is essential for life. You need it to wake up, train, recover, and burn fat. The problem isn't cortisol itself—it's when it stays elevated without rest or recovery.

Myth #3: Stress = No Exercise for Women Over 35

Truth: Smart, strength-based training *reduces* cortisol over time. It also builds the muscle you need to handle physical and emotional stress. Avoiding all stress is not the goal. Strategic stress + recovery is the secret.

NUTRITION FOR CORTISOL BALANCE + STRENGTH

EAT TO FUEL. EAT TO HEAL. EAT TO BUILD.

You've probably heard "eat less, move more" more times than you can count. And if you've been following that advice and still not seeing results, it's because that advice ignores your hormones entirely.

When cortisol is in the picture, what you eat, when you eat it, and how much you eat sends direct signals to your hormones. Get it right, and your body becomes a fat-burning, muscle-building machine. Get it wrong (even with the best intentions) and cortisol stays elevated, muscle breaks down, and fat sticks around. Here's how we get it right.

1. Never Under-Eat

This one surprises a lot of women, but it's one of the most important things we teach at the FASTER Way: **not eating enough is one of the fastest ways to spike cortisol.**

When your body doesn't get enough fuel, it goes into threat mode. And in threat mode, it does everything we don't want.

What chronic under-eating does:

- Raises cortisol and keeps it elevated
- Breaks down the lean muscle you're working hard to build
- Slows your metabolism over time
- Drives fat storage, especially around the belly

FASTER Way Tip: Use the FASTER Way app to track your macros and make sure you're actually eating enough of the right foods to support balanced cortisol levels.

2. Protein at Every Single Meal

If there's one nutrition habit that will change everything, this is it. Protein is your best friend for both cortisol balance and building lean muscle...and most women aren't eating nearly enough of it.

Here's what protein does for you:

- Stabilizes blood sugar and stops the cortisol spikes that follow glucose crashes
- Provides the amino acids your muscles need to repair and grow after every workout
- Keeps you full and satisfied so stress-driven cravings don't take over
- Supports optimal hormone function from the ground up

FASTER Way Tip: Aim for 30 to 40g of protein at every meal, spread across three to four meals a day.

3. Carb Cycling: Not Less Carbs. Smarter Carbs.

Let's set the record straight: carbs are not the enemy. Your body needs them, especially when you're strength training. What matters is timing them strategically so they work for you instead of against you.

DAY TYPE	WHAT IT DOES FOR YOU
REGULAR MACRO DAYS	FUELS YOUR HARDEST TRAINING SESSIONS, REPLENISHES MUSCLE GLYCOGEN, SUPPORTS SEROTONIN PRODUCTION FOR BETTER MOOD AND SLEEP
LOW CARB DAYS	SHIFTS YOUR BODY INTO FAT-BURNING MODE, TRAINS METABOLIC FLEXIBILITY, PAIRED WITH LOWER INTENSITY WORKOUTS SO YOU'RE NOT RUNNING ON EMPTY
LOW MACRO DAYS	MATCHES YOUR BODY'S LOWER DEMAND ON REST DAYS SO DIGESTION GETS A BREAK AND RECOVERY CAN HAPPEN

Never eat carbs alone. Always pair them with protein, fat, and fiber. An apple alone spikes blood sugar. An apple with almond butter and a hard-boiled egg does not. No naked carbs.

4. Build Your Meals Around These Foods

These are your highest-leverage foods for balancing cortisol and building lean muscle. And they happen to be delicious.

FOOD	WHY IT WORKS
FATTY FISH (SALMON, SARDINES, MACKEREL)	OMEGA-3S REDUCE INFLAMMATION AND BALANCE CORTISOL AFTER STRESS. AIM FOR THREE TO FOUR TIMES A WEEK
DARK LEAFY GREENS (SPINACH, KALE, SWISS CHARD)	PACKED WITH MAGNESIUM, THE MINERAL MOST DEPLETED BY STRESS
COLORFUL BERRIES	HIGH IN VITAMIN C AND ANTIOXIDANTS THAT DIRECTLY SUPPORT ADRENAL RECOVERY
AVOCADO AND OLIVE OIL	ANTI-INFLAMMATORY FATS THAT SUPPORT HORMONE PRODUCTION AND REDUCE SYSTEMIC INFLAMMATION
SWEET POTATOES AND OATS	COMPLEX CARBS THAT BOOST SEROTONIN, SUPPORT ADRENAL RECOVERY, AND PREVENT BLOOD SUGAR CRASHES
DARK CHOCOLATE (70%+ CACAO, DAIRY-FREE)	MAGNESIUM, SEROTONIN SUPPORT, AND A GENUINELY SATISFYING TREAT. A SQUARE OR TWO AFTER A MEAL ABSOLUTELY COUNTS

Remove or minimize these: refined sugar, vegetable seed oils like sunflower and soybean, ultra-processed foods, alcohol, gluten, and dairy. These are the biggest dietary drivers of inflammation and cortisol dysregulation.

5. The Daily Habits That Make the Biggest Difference

Blood sugar stability is one of the most direct levers you have for managing cortisol. Every spike and crash triggers a cortisol release. Keep your blood sugar steady throughout the day and your cortisol follows. These habits make that happen.

- **Eat within 60 to 90 minutes of waking** — especially while you're working to regulate cortisol. Cortisol peaks in the morning, and skipping breakfast can amplify dysregulated levels. As your cortisol stabilizes, you can extend your fasting window as another tool to support balanced cortisol levels.
- **Don't go more than four to five hours without eating** — longer gaps destabilize blood sugar and drive cortisol up
- **Avoid all-day grazing** — aim for 3-4 hours between meals to allow blood sugar to rise and fall properly after eating
- **Eat protein before your carbs at every meal** — this one habit reduces your post-meal glucose spike by 20 to 30%
- **Walk after meals when you can** — just 10 to 15 minutes reduces post-meal glucose by up to 30%
- **Close the kitchen two to three hours before bed** — late-night eating spikes blood sugar at exactly the wrong time
- **Keep caffeine before noon** — caffeine raises cortisol, and we want a gradual decrease the second half of the day

6. Hydrate Like It Matters — Because It Does

Dehydration is a sneaky cortisol trigger that most women don't even think about. Even mild dehydration puts extra strain on your adrenal glands, tanks your workout performance, and slows recovery.

Your daily hydration practice:

- Start your morning with water and electrolytes before anything else
- Aim for at least half your body weight in ounces of water every day
- Add electrolytes on training days — sodium, potassium, and magnesium all deplete faster when you're active
- Choose a clean formula without added sugar or artificial ingredients

TRAINING FOR CORTISOL BALANCE + STRENGTH

TRAIN SMARTER. NOT HARDER.

Here's the truth about cortisol and exercise that most people get wrong: it's not about doing more. It's about doing the right things, in the right order, with enough recovery built in to let your body actually respond.

When cortisol is out of balance, the way you train can either help you heal and get stronger or keep you stuck in the cycle of exhaustion and belly fat that brought you here. The good news? The FASTER Way was built specifically to do the former.

1. Strength Training is Your Most Powerful Tool

If there's one thing we want you to take away from this guide, it's this: **strength training is medicine for your metabolism and your hormones.**

Every time you lift, you're building lean muscle, the most metabolically active tissue in your body. More muscle means more calories burned at rest, better insulin sensitivity, and balanced cortisol levels over time. It's the foundation everything else is built on.

What strength training does for you:

- Builds lean muscle that keeps your metabolism fired up between sessions
- Reduces chronic cortisol levels over time (instead of spiking them)
- Improves insulin sensitivity so your body uses carbs for fuel instead of storing them
- Creates the toned, defined physique that cardio alone will never give you

FASTER Way Tip: Aim for three to four strength sessions per week. You should leave feeling strong and challenged, not completely depleted. That's the sweet spot.

2. HIIT: A Little Goes a Long Way

We love HIIT, but we love it strategically. Here's what most programs get wrong: when cortisol is already elevated, piling on daily high-intensity workouts is like pouring gasoline on a fire. Your body can't recover, you become more inflamed, and you hold on to fat instead of releasing it.

In the **FASTER Way**, we do HIIT differently:

- One to two sessions per week — enough to boost fat burning without overtaxing your system
- Sessions stay under 30 minutes — short, effective, and done
- Intensity is intentionally moderated on low carb days to match your body's fuel supply
- When life is extra stressful or your sleep is suffering, we swap HIIT for walking

FASTER Way Tip: A walk you can recover from will always beat a HIIT session your body can't absorb. Trust the programming. It's designed this way on purpose.

3. Walk Every Single Day

Don't underestimate this one. A daily walk is one of the simplest, most effective cortisol-balancing tools available, and it's built into every day of our program.

Here's what a 20 to 30 minute walk actually does:

- Balances cortisol without adding stress to your system
- Improves insulin sensitivity so your body burns fat more efficiently
- Supports muscle recovery between training sessions
- Keeps your metabolism active on rest days
- A short walk after meals reduces blood glucose by up to 30%

FASTER Way Tip: It doesn't have to be a power walk, and you don't have to hit a step count. It just has to happen.

4. Recovery Is Where the Results Live

We mean this: your muscles don't grow during your workout. They grow after it. Rest days aren't a reward for working hard. They're a requirement for getting results.

Your recovery essentials:

- Take your programmed rest days — they're strategic, not optional
- Prioritize seven to nine hours of sleep every night
- Use lighter days for yoga, mobility work, or a walk
- Remember that overtraining elevates cortisol and stalls both fat loss and muscle building

5. Know Where You're Starting

We want to meet you where you are. If you're checking several boxes on the list below, your body may need a gentler starting point, and that's completely okay.

Signs your cortisol needs support first:

- You wake up tired even after a full night's sleep
- You crash hard in the afternoon and reach for caffeine or sugar
- You feel wired at night but exhausted during the day
- Your belly fat feels stuck no matter what you do
- You're not recovering well between workouts
- You feel foggy, overwhelmed, or just... off

This is exactly why FASTER Way has Certified Coaches. They help you find the right starting intensity so you can build from a strong foundation instead of pushing through a stressed system.



SUPPLEMENTS FOR CORTISOL BALANCE + STRENGTH

THE RIGHT SUPPORT, IN THE RIGHT ORDER.

Supplements are not magic. They won't fix a cortisol problem caused by chronic stress, poor sleep, and under-eating. But when you dial in nutrition, train strategically, and pay attention to lifestyle, too...the right supplements can make a meaningful difference in how you feel, how you recover, and how fast you see results. Here's what the evidence supports, organized by priority so you know exactly where to start.

***Important Note:** The supplement information in this guide is for educational purposes only and is not intended as medical advice. Always consult your healthcare practitioner before adding new supplements to your routine, especially if you're managing a health condition or taking medication.

THE NON-NEGOTIABLE FOUNDATION

Start here. These three form the base of your supplement protocol no matter where your cortisol levels are.

- **Quality Protein Powder**

- Building 30 to 40g of protein into every meal is the single most important nutrition habit for cortisol balance. Quality protein powder makes it practical. Look for a dairy-free formula you actually enjoy and digest well. Our FASTER Way grass fed beef protein powders are designed specifically for this.

- **Creatine Monohydrate — 5g daily**

- If you're not taking creatine, start now. It's one of the most researched supplements in existence, and the evidence for women is compelling. It directly supports muscle strength and preservation, improves insulin sensitivity, and emerging research shows it may reduce inflammatory markers, too. Take it daily with water and food (not just on training days), and give it four to six weeks to build up in your system.

- **Hydration Electrolytes — daily**

- This one is non-negotiable, especially during fasting windows and on training days. Electrolytes support adrenal function, nervous system regulation, muscle recovery, and sustained energy. Dehydration is one of the sneakiest cortisol triggers out there, and electrolytes help prevent it. Choose a clean formula without added sugar.



START HERE AFTER THE FOUNDATION

SUPPLEMENT	DOSE	WHAT IT DOES
MAGNESIUM GLYCINATE	400MG BEFORE BED	ONE OF THE MOST COMMON DEFICIENCIES IN ACTIVE WOMEN AND ONE OF THE MOST IMPACTFUL FOR CORTISOL. IMPROVES SLEEP QUALITY, REDUCES ANXIETY, SUPPORTS MUSCLE RECOVERY, AND HELPS YOUR BODY REGULATE CORTISOL OVERNIGHT. THE GLYCINATE FORM IS BEST ABSORBED AND WON'T UPSET YOUR STOMACH.
OMEGA-3 FISH OIL	3G EPA AND DHA MINIMUM, WITH FOOD	POWERFUL ANTI-INFLAMMATORY. REDUCES CORTISOL AFTER STRESSFUL EVENTS, SUPPORTS BRAIN FUNCTION AND MOOD, AND IMPROVES INSULIN RECEPTOR SENSITIVITY AT THE CELLULAR LEVEL. CHOOSE A THIRD-PARTY TESTED FORMULA AND LOOK FOR AT LEAST 3G OF COMBINED EPA AND DHA.
VITAMIN D3 WITH K2	3,000 TO 5,000 IU D3 WITH 200MCG K2	DEFICIENCY IS NEAR-UNIVERSAL, AND IT DIRECTLY WORSENS CORTISOL DYSREGULATION AND INSULIN RESISTANCE. D3 SUPPORTS IMMUNE FUNCTION, MOOD, HORMONE PRODUCTION, AND ADRENAL HEALTH. K2 KEEPS CALCIUM GOING WHERE IT SHOULD. GET YOUR LEVELS TESTED IF YOU CAN.
ASHWAGANDHA	300 TO 600MG DAILY WITH FOOD	THIS IS THE ADAPTOGEN WITH THE STRONGEST EVIDENCE BASE FOR CORTISOL REDUCTION. MULTIPLE CLINICAL TRIALS SHOW IT SIGNIFICANTLY BALANCES CORTISOL, REDUCES PERCEIVED STRESS, IMPROVES SLEEP QUALITY, AND (WHEN COMBINED WITH RESISTANCE TRAINING) SUPPORTS STRENGTH AND MUSCLE RECOVERY. IT WORKS BY CALMING YOUR BODY'S CENTRAL STRESS RESPONSE SYSTEM. TAKE WITH FOOD, MORNING OR EVENING BASED ON WHAT WORKS FOR YOU.

MORE SPECIALIZED OPTIONS

SUPPLEMENT	DOSE	WHAT IT DOES
PHOSPHATIDYLSERINE	400MG DAILY	SPECIFICALLY BLUNTS THE CORTISOL SPIKE THAT FOLLOWS INTENSE EXERCISE, WHICH MAKES IT ESPECIALLY USEFUL WHEN YOU'RE STRENGTH TRAINING REGULARLY. RESEARCH SHOWS IT IMPROVES THE CORTISOL TO TESTOSTERONE RATIO, WHICH SUPPORTS BETTER RECOVERY AND MUSCLE BUILDING OUTCOMES. TAKE BEFORE TRAINING.
RHODIOLA ROSEA	200 TO 400MG DAILY	A WELL-RESEARCHED ADAPTOGEN THAT REDUCES CORTISOL-DRIVEN FATIGUE, IMPROVES PERFORMANCE AND ENDURANCE, AND HELPS YOU STAY MENTALLY CLEAR UNDER STRESS. PARTICULARLY HELPFUL IF YOU'RE FEELING THAT WIRED-BUT-TIRED EXHAUSTION. TAKE IN THE MORNING SINCE IT CAN BE MILDLY ENERGIZING.
ZINC	25 TO 30MG WITH FOOD	ESSENTIAL FOR HORMONE PRODUCTION, IMMUNE FUNCTION, AND MUSCLE REPAIR, AND IT DEPLETES FASTER WHEN YOU'RE TRAINING HARD AND UNDER STRESS. TAKE WITH FOOD TO AVOID NAUSEA.
SPEARMINT TEA	2 CUPS DAILY	SIMPLE, ACCESSIBLE, AND BACKED BY CLINICAL TRIAL EVIDENCE FOR REDUCING STRESS-RELATED HORMONAL MARKERS. IT'S THE EASIEST THING ON THIS LIST. BREW TWO CUPS A DAY AND MAKE IT A RITUAL

10 LIFESTYLE HACKS TO BALANCE CORTISOL

What happens outside the gym and kitchen matters—especially when it comes to balancing cortisol.

The truth is, you can't out-supplement, out-sweat, or out-eat a stressed-out nervous system. If you're constantly in "go" mode, your body will keep producing excess cortisol, even if you're doing everything else right. That's why we coach lifestyle as a key pillar of hormone balance in the FASTER Way.

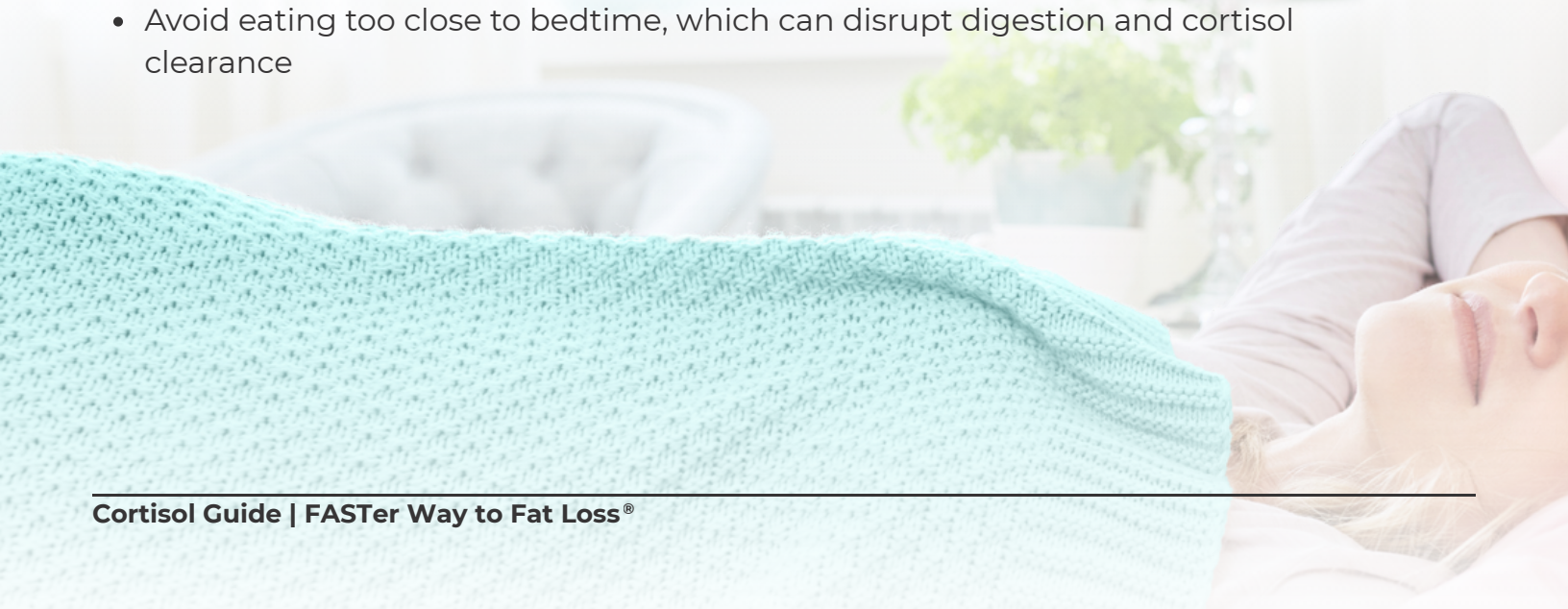
Try incorporating these simple, science-backed habits designed to help you feel more calm, clear, and in control.

1. Prioritize 7–9 Hours of Sleep (Every Night)

Sleep is when your body repairs, detoxifies, balances hormones, and lowers cortisol naturally. Chronic sleep deprivation is one of the biggest drivers of cortisol imbalance—and it can stall fat loss, increase cravings, and worsen mood swings even if your nutrition is on point.

FASTER Way sleep hacks:

- Keep your bedroom cool, dark, and quiet (aim for 65–68°F)
- Eliminate screens 60–90 minutes before bed (blue light disrupts melatonin)
- Add calming rituals like magnesium, lavender oil, stretching or journaling
- Go to bed and wake up at the same time each day to support circadian rhythm
- Avoid eating too close to bedtime, which can disrupt digestion and cortisol clearance



2. Use 4-7-8 Breathing to Activate Your Parasympathetic Nervous System

When you're stuck in fight-or-flight mode, cortisol remains elevated and your body can't relax, repair, or digest properly. Deep, intentional breathing is one of the fastest ways to shift into a parasympathetic (rest and digest) state.

Here's how to do 4-7-8 breathing:

- Inhale through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale slowly through your mouth for 8 seconds
- Repeat for 5–10 cycles

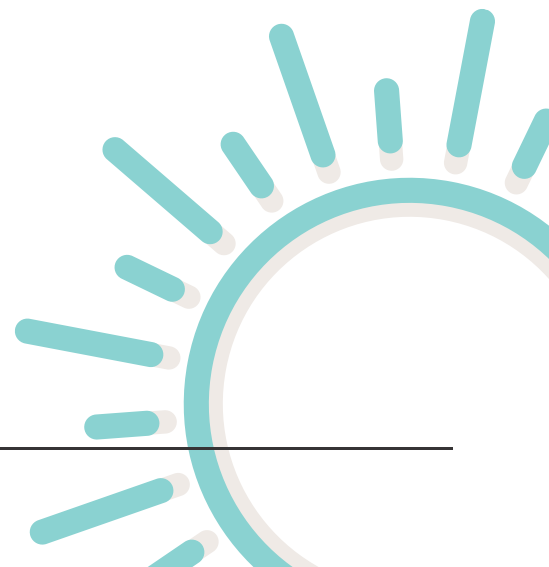
This technique lowers blood pressure, reduces cortisol, and increases heart rate variability (a key marker of stress resilience). It's especially effective before bed, after intense meetings, or when you feel overwhelmed.

3. Get Morning Sunlight Within 60 Minutes of Waking

This is one of the simplest and most overlooked tools for resetting your cortisol rhythm. Natural light exposure early in the day signals your brain to lower melatonin and increase alertness, mood, and metabolism. It also anchors your circadian clock, helping cortisol rise in the morning (as it should) and drop naturally at night.

FASTer Way tip:

- Spend at least **10–20 minutes outside** within an hour of waking (no sunglasses or windows!)
- Combine this with a **morning walk** for bonus fat-burning and mood-boosting benefits
- Even on cloudy days, outdoor light is powerful enough to reset your internal rhythm



4. Swap Matcha for Coffee and Limit Caffeine

Caffeine spikes cortisol—and when your adrenals are already struggling, that extra jolt can keep you wired, anxious, and fatigued. We're not saying you have to give up your morning cup of coffee, but when and how you consume caffeine makes a difference.

FASTER Way caffeine guidance:

- Delay caffeine until **60–90 minutes after waking** (let natural cortisol do its job first)
- Avoid caffeine **after 2 PM** to prevent nighttime cortisol spikes and sleep disruption
- Choose **matcha or green tea** over coffee for a gentler lift with L-theanine (which promotes calm focus)
- Experiment with herbal blends or decaf options during your cortisol reset phase

5. Eat on a Consistent Schedule to Stabilize Blood Sugar + Cortisol

Every time your blood sugar crashes (thanks to skipping meals, grazing, or relying on sugar/caffeine), your body pumps out cortisol to bring it back up. That's why steady, predictable meals matter, especially protein-rich, macro-balanced ones.

What we coach inside the FASTER Way:

- Eat within your feeding window (after breaking your fast) every 3–4 hours
- Include **protein, healthy fats, and fiber-rich carbs** with every meal
- Avoid grazing all day, which keeps insulin and cortisol elevated
- Don't skip meals or go low-calorie long-term—this tells your body it's under threat
- **Post-workout meals** are especially critical to blunt cortisol and speed recovery



6. Support Your Stress Response with Strategic Hydration

Dehydration is a hidden stressor that triggers cortisol and puts extra strain on your adrenals, especially during fasting and exercise. That's why we recommend prioritizing hydration with purpose.

FASTer Way Hydration Tips:

- Start your day with **water + electrolytes** before coffee or food
- Sip **at least half your body weight in ounces** of water daily (more if active or in heat)
- Choose **clean electrolyte formulas** (like FASTer Way Hydration) to replenish minerals without added sugar or junk ingredients
- Include potassium, sodium, and magnesium to support adrenal and nervous system function

7. Walk Daily

Walking is one of the most underrated tools for reducing cortisol, improving insulin sensitivity, and calming your nervous system, especially if your stress levels are high or your hormones feel “off.” It's gentle, effective, and pairs perfectly with the FASTer Way's strength-focused training model.

Why daily walking matters:

- Lowers cortisol without stressing your system
- Enhances fat burning by improving insulin sensitivity
- Improves lymphatic flow and digestion
- Boosts mood, creativity, and mental clarity
- Helps regulate sleep and circadian rhythms when done in natural light

FASTer Way Tip: Aim for **7,000–10,000 steps/day**, or start with a 20–30 minute walk after meals or during your workday. You can break it up throughout the day to keep it manageable and enjoyable. Track your walks in the FASTer Way app for an extra layer of accountability.



8. Legs Up the Wall (5–10 Minutes)

This restorative pose isn't just for yogis. It's a powerful way to downshift your nervous system and balance cortisol.

What it does:

- Activates the parasympathetic nervous system ("rest and digest")
- Increases circulation and lymphatic drainage
- Reduces swelling in the legs and feet
- Promotes calm, especially before bed or after a long day on your feet

How to do it:

- Lie on the floor with your legs extended up against a wall
- Let your arms rest by your sides, close your eyes, and breathe deeply
- You can also place a pillow or bolster under your hips for added support

FASTER Way Tip: Stack this with 4-7-8 breathing for a powerful cortisol-calming combo.

9. Face Plunge or Cold Rinse (Morning or Post-Workout)

Cold exposure isn't just trendy—it's backed by science. Short bursts of cold can train your nervous system to become more resilient and help blunt stress responses throughout the day.

What it does:

- Activates the vagus nerve (calms your system)
- Increases dopamine and energy without raising cortisol
- Enhances recovery and reduces inflammation
- Trains your body to adapt to stress more efficiently

How to do it:

- Splash your face with cold water or do a 30-second face plunge in a bowl of ice water
- Add a 30–60 second cold rinse to the end of your morning or post-workout shower

FASTER Way Tip: Pair this with breathwork for extra calm. You'll feel refreshed, alert, and ready to take on your day without overloading your adrenals with caffeine.

10. Meditation or Prayer (3–10 Minutes)

Whether it's prayer or mindfulness meditation, stillness creates space for healing. Intentional mental rest is crucial when cortisol is out of balance.

What it does:

- Decreases cortisol and inflammation markers
- Improves emotional regulation and mental clarity
- Enhances sleep quality and stress tolerance
- Builds a deeper sense of purpose and resilience

How to do it:

Set a timer for 3–10 minutes. Sit quietly, breathe deeply, and either focus on Scripture, gratitude, affirmations, or a guided meditation. The goal is not to eliminate thoughts but to observe and reset.

FASTER Way Tip: Start or end your day with stillness. It can reframe your entire mindset and lower cortisol at the source.



CONSISTENCY COMPOUNDS

These habits may seem small, but they have a BIG impact on your hormonal health when practiced daily, especially when following our FASTER Way Cortisol + Strength program. Stack 1–2 into your morning or evening routine to create natural cortisol flow and reclaim calm energy, FASTER Way style.

HABIT	MON	TUES	WED	THURS	FRI
Sleep 7–9 hours (cool, dark room + no screens before bed)	☐	☐	☐	☐	☐
Practice 4-7-8 breathing for 5 minutes	☐	☐	☐	☐	☐
Get morning sunlight within 60 minutes of waking	☐	☐	☐	☐	☐
Limit caffeine + choose matcha or decaf (esp. after 2PM)	☐	☐	☐	☐	☐
Eat on a consistent schedule (balanced meals every 3–4 hrs)	☐	☐	☐	☐	☐
Stay hydrated with water + electrolytes throughout the day	☐	☐	☐	☐	☐
Walk daily (20–30 mins or 7,000–10,000 steps)	☐	☐	☐	☐	☐
Legs up the wall (5–10 mins)	☐	☐	☐	☐	☐
Face plunge or cold rinse (morning or post-workout)	☐	☐	☐	☐	☐
Meditation or prayer (3–10 mins)	☐	☐	☐	☐	☐

YOUR NEXT STEP TO BALANCE CORTISOL, BUILD LEAN MUSCLE AND BURN FAT

You've done the reading. Now do the thing! You now know what cortisol actually does, how to train around it, how to eat to support it, and which habits move the needle fastest. But knowledge without action is just information.

The FASTER Way Program is where this all comes to life.

It's a complete, science-backed system built specifically for women who are tired of doing everything right and still not seeing results. Every workout, every nutrition strategy, every recovery habit in this program was designed with your stress response in mind: so you can build lean muscle, burn stubborn fat, balance your hormones and actually feel like yourself again.

Here's what you get when you join:

- Strength Workout Track — cortisol-conscious, progressive, and done in 30 minutes or less
- Cortisol Balancing Training Schedule — strategically sequenced around your body's stress response, with recovery built in
- Protein-Forward Macro Cycle — built for real life, not perfect conditions
- Weekly Meal Guides — carb cycling and macro guidance with simple, delicious recipes
- Support from a Certified Coach — personal support and real-time plan adjustments from a coach who knows your situation

- Instant FASTer Way App Access — workouts, meal guides, macro tracking, and your coach all in one place
- Private Community — thousands of women on the same journey
- Monthly Challenges and Live Engagement — the accountability that makes consistency feel inevitable
- 100% Satisfaction Guarantee — love it or your money back

Right now you can join for just \$49 for your first month.

The women who see the most meaningful results are the ones who decide they're done letting cortisol run the show...and they take the first step.

Now it's your turn.

