



# Melissa's

## GUIDE TO SMASHING GOALS

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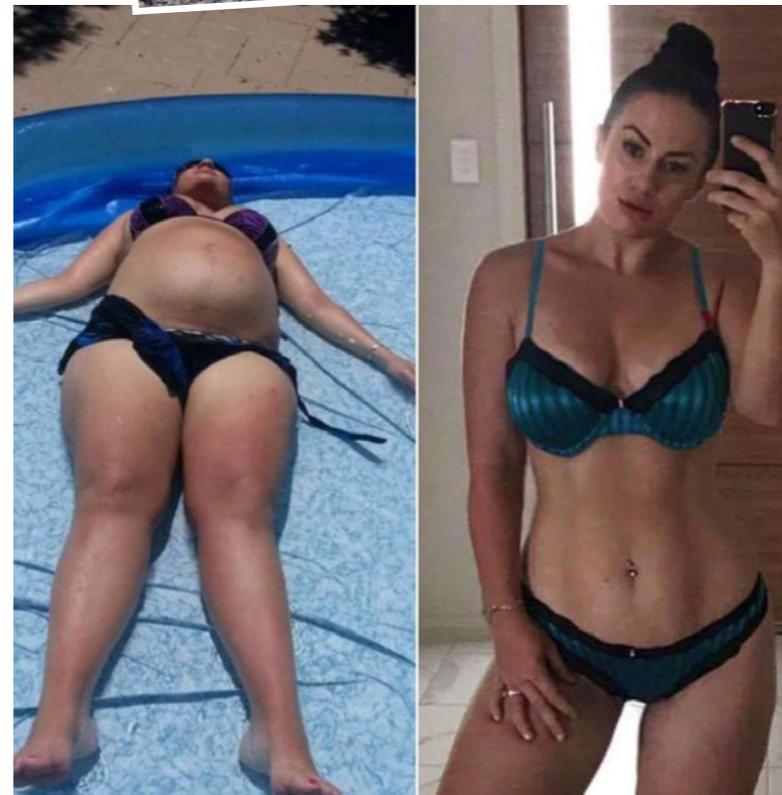
the **healthy**  Mummy

# Melissa's Story

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After topping 107kg on the scales and feeling depressed and insecure, mum of two Melissa Timmer took back control of her health and life with The Healthy Mummy and lost 37 kilos in 18 months. Three years on, confidence is beaming from her inside and out.

“I didn't want a quick fix - I wanted a long-lasting solution to be a better me!”



# Melissa's Incredible Weight Loss

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Melissa admits that she had been on a roller coaster ride with her weight for pretty much her whole life.

She says, “After I had my son I gained 20kg and went on a stupid diet and lost it all, but only to gain 40kg back 2 years later!”

Following the birth of her daughter, she was officially at her heaviest and was at an all-time low both physically and mentally.

Melissa shares, “I was feeling very very depressed and had absolutely no confidence in the way I felt or looked. I started at 107 kg feeling very very depressed and had absolutely no confidence in the way I felt or looked. I knew I needed to do something the right and healthy way”.

Luckily for Melissa, she found The Healthy Mummy and began by her journey by ordering a Healthy Mummy Smoothie tub and upping her exercise. A few months later she joined the Healthy Mummy 28 Day Weight Loss Challenges. The program helped her take back control and within 18 months, she had lost a whopping 37 kg and has been maintaining her weight for three years.

## Unexpected Side Effect

Melissa also used to suffer shocking eczema but since using the Healthy Mummy smoothies and changing her lifestyle her eczema all but disappeared!

“I had severe eczema where my skin would bleed and it would be painful to exercise or even shower. It has all completely disappeared and I put it down to the smoothies. I think they balance out my body and give it what it needs to fully recover. My skin is just glowing every day, I always get so many compliments.”



## Finding a Love of Exercise

One of the biggest impacts on Melissa's life has been developing a love of exercise and fitness. She still regularly works out and now focuses on strengthening her muscles and toning her body.

“When I was looking to shred I would always change up my routine. Lots of high-intensity workouts, like HIIT, BOXING, SPRINTING definitely got the kg's off me. And adding weight sessions in between really toned and got me feeling a lot stronger.”

Even Melissa's partner adopted the Healthy Mummy lifestyle and went on to lose 13 kg in 10 weeks and has just been maintaining that ever since.

Melissa says, “Now that we train together and are on the same page it's bought us so much closer because we have something that we both love and can talk about.”

“Our combined weight loss over 50 kg gone! Thanks to The Healthy Mummy for giving us the knowledge and the support.”

“We live and breathe a healthy lifestyle.”

Even though Melissa's weight fluctuates up and down a little she says “I couldn't care less because this journey is about being happy and if you feel happy in your skin, no matter how much you weigh or what size you are, that's all that matters.”

“We are all different and beautiful so don't be stuck on what scales say all the time”.



# Melissa's TOP tips on how to get started

Getting started can be overwhelming, it's important to take steps and think about small goals you want to make that will lead to bigger results. For examples my goals when I first started were:

- 1 Aim for 2-3 litres of water a day ( this was the only drink besides coffee or tea I would allow myself to have).
- 2 Walk or achieve some sort of exercise at least 3 times a week.
- 3 Swap out certain ingredients for healthier options, wholemeal pasta, brown rice, greek yoghurt, berries or fruit, honey.
- 4 Have a game plan for realistic goals.
- 5 Don't have the attitude of all in or nothing, if you slip up that's fine, process it and try to finish your day with good choices.
- 6 At least 5 healthy choices a day.
- 7 Create some motivation quotes, goal outfits, or photos that inspire you and hang them around the house in obvious places so you're reminded every day why you're turning your life around.

# What made the difference to Melissa's success

The difference in getting results and keeping those results was all about lifestyle change. There is no point in doing a fad diet, you want to be able to learn and have the knowledge of how to eat well but still enjoy food. It's really not hard once you get the hang of it, it's all about consistency and eventually that turns to habit.

**This is the right way to be healthy. It's all about long term even when you reach your goal weight, it doesn't end.**

It's another reason to love the Healthy Mummy Lifetime membership! You're not constantly paying for a service, you're a member for life and have access to all the tools you need even after your goals have been reached.

Being able to be a part of a supporting community forever and have the backup of thousands of mums that are on the same journey as you, what more could you want to reach your goals? It's almost like having a second family.





# Melissa's TOP tips for STAYING motivated

Staying motivated can be challenging, especially when we don't see results straight away, it can get us down. I like to use the word committed more than motivated. When I started my journey I was committed to myself and my kids in changing our lives, I was not going to let my kids grow up in an unhealthy environment. My son was my biggest motivator at the start, although eventually I was motivating myself because I became addicted to the feelings I was getting from eating healthy but also from exercise.

Remembering that we still feel great when we walk, exercise, go to the gym, have a clean fresh meal rather than a fried processed one is all the motivation you need, whether you get the results on the scales or not, feeling better inside will make a huge difference on your overall happiness.

If you constantly need to see it on paper, grab yourself a motivation board and write down all the reasons why you want to change, then write down how bad habits make you feel, we can slowly forget the side effects bad choices can have on us so being reminded is a good way to keep us on track."

# Melissa's advice on **how to overcome a setback**

We all have setbacks. This is normal, we're human!

**Whatever situation  
you're in at the time,  
try to do the best job  
you can for where  
you're at, then you  
have no regrets.**

Remember no one is perfect and don't compare yourself to the girl down the street. We are all individuals and have our own journey.

If you have had a huge set back sometimes we need to reset and start again, do everything you did when you first started and go from there, you did it before you can do it again.





# Melissa's Favourite Healthy Mummy Products

There are so many! Protein powders, Skin products, Healthy mummy Smoothies both original, Tummy and Premium.

And of course, The Healthy Mummy App.



# 10 **fave** **recipes:**



Apple and  
cinnamon  
pancakes



Blueberry, banana,  
coconut and oatmeal  
muffin



Raw peanut  
butter bars



Choc Chip  
Banana bread



Lentil beetroot  
and feta salad



Stovetop beef  
lasagne



Mint Choc  
bubble crunch



Cheesy broccoli  
bites



Blueberry  
chia muffins



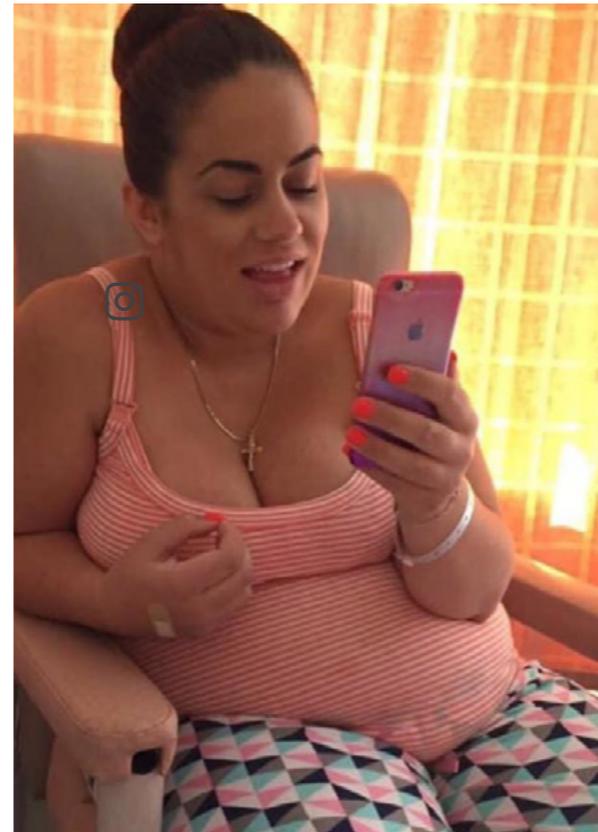
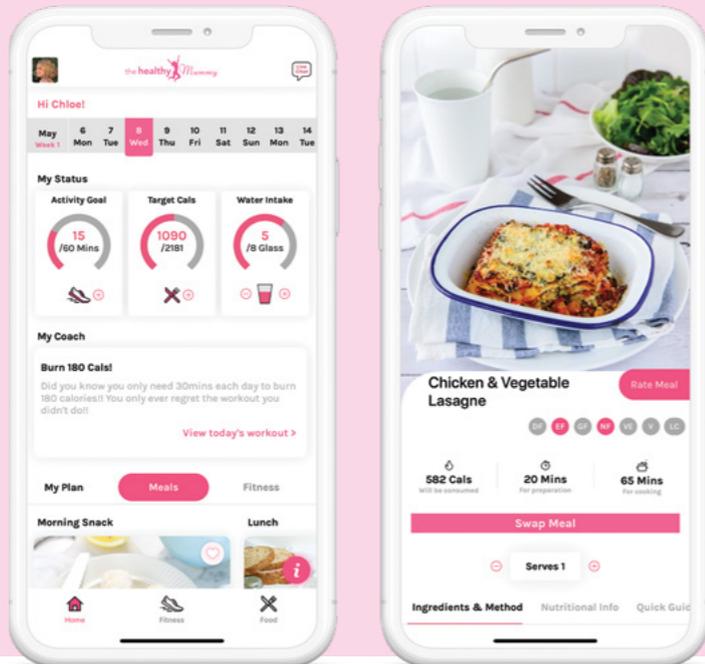
Chicken and  
avo salad

# Melissa's Tips for getting the most out of the Healthy Mummy App

The app is big and there are so many options so take the time for yourself to go through it and try out some of the cool features.

I love going through all the different meal plans on a Wednesday when they are released for the following week. It gives me chance to see new recipes, and think about what I want to try next.

Regularly check in on the app to learn more and refresh your memory, there is a lot to take in so frequent visits to the app will help you around that but also keep you inspired to finish your day off on a good note.



## How to get in touch with Melissa

 [beautiesinbeastmode](#)

Daily live videos in Healthy Mummy Private Support Group and The Healthy Mummy Facebook Page - search #HealthyMummyMel