

Samara's

GUIDE TO SMASHING GOALS

the **healthy**  *Mummy*



Samara's Story

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When Samara Rochelle Khoury signed up to The Healthy Mummy four years ago it was in a desperate bid to find herself. Racked with anxiety and suffering postpartum depression after her second baby was born, Samara had no idea she was at the beginning of the journey that would change her life forever.

Not only did Samara lose 17 kilos in 8 months, but she also beat her depression, transformed her mental and physical health and found a 'fearless' attitude to life that has seen her thrive.

“I have found true self love, self respect, self worth and self confidence – now I am FEARLESS.”



Samara's incredible weight loss journey



Samara began her Healthy Mummy journey over four years ago, after the birth of her second daughter. She had experienced prenatal depression and anxiety that had affected her esteem and how she felt about her body.

Samara shares, "During my second pregnancy I had stopped weighing myself as I couldn't deal with the scales continuously going up. I had very bad prenatal and postnatal depression and anxiety. I was even thinking that my girls would be better off without me."

"The Healthy Mummy gave me something to focus on and a reason to be selfish and to find myself again."

The 28 Day Weight Loss Challenge completely changed the way Samara thought about food and healthy living.

"It totally opened my eyes. Things started to change when I began eating food to fuel my body rather than just to fill it. I started moving my body for fun instead of for punishment."

By following the 28 Day Weight Loss Challenge and using Healthy Mummy Smoothies, Samara went on to lose an incredible 17 kilos in just 8 months and has been toning and maintaining her weight ever since.

Samara's Totally New Outlook

"I have beaten depression and am now living the best life possible for myself and my 2 daughters. I couldn't be more proud of the person I am today because of the Healthy Mummy."

"I want my results to show you that it is possible! Not every day will be easy, but it will get easier every day! You may take one step forward and two steps back at times, but you will always fall back on an amazingly supportive group of women who have your back!"

Moving back to Sydney and becoming a single mum, made Samara realise what is so important in life, particularly in relation to her two daughters.

"Setting a good example for my two girls is so important to me. Especially while they are still young, so that eating healthy and moving their body becomes second nature to them as they get older"

Finding a Passion for Fitness

"I love to take time for myself to workout at the gym when I can. The Healthy Mummy App exercises are great to follow along with. I love to blast my music as I work up a sweat and often find physical exercise is great for my mental health!

"I have reignited my passion for fitness and I hope to start studying again. I'd love to work in the fitness industry. The Healthy Mummy has given me the courage and confidence to chase my dreams and goals again. I don't put myself on the bottom of the priority list anymore. I make sure that I make time for myself, whether that is to exercise, to meal prep, or to practice self care."

"Always remember you are so much more than 'just a mum'!! You are YOU!! Be proud of every step you take in living a healthier life for you and your family!



Samara's **TOP tips** on how to get started

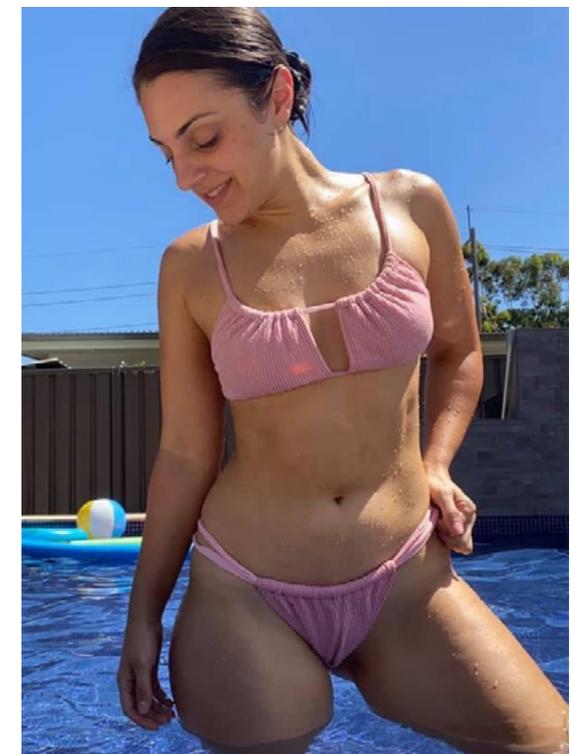
- 1 My top tips for anyone wanting to get started on their health journey is to take it one day at a time. Focus on ONE thing to begin with. Success will be a lot harder if you focus on changing too much at once.
- 2 Don't concentrate too hard on the numbers, but rather on smaller goals that you can tick off each day. For example, focus more on your daily water intake, steps or active minutes - rather than how many kilos you can lose in a week. This shifts the focus from direct weight loss, to creating a happier, healthier, more maintainable lifestyle for you and your family.
- 3 Meal prep and snack prep will be your new best friend. Make sure you prepare something over the weekend for your week ahead.
- 4 Use the Healthy Mummy App and all its incredible features to its full potential. It's jam packed with all the tools you need to help you succeed.

What made the difference to Samara's success

It's so important to find a good balance between eating right, moving your body, and enjoying life. I am not at my lightest, nor am I at my fittest. But I am happy. I am living. I have matured and taught myself that life is too short to worry about the tag on your dress, or a number on the scales.

If I want to wear the bikini, I wear the bikini. If I want to eat the slice of cake, I eat the slice of cake. If I want to go for a walk, I do. If I decide to go for a big gym session, I go for it. We only get our time here once - why waste it worrying about numbers that do not equate to our happiness?!"

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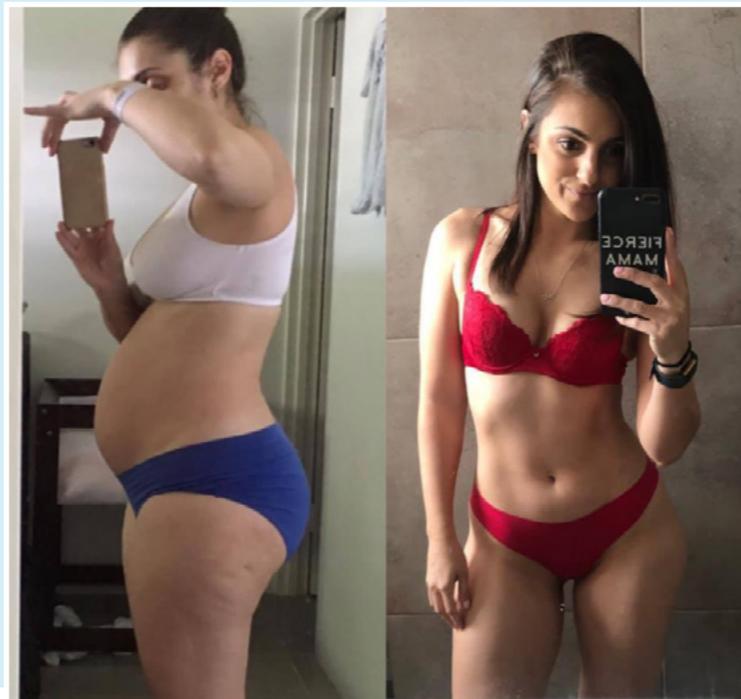
Samara's **TOP tips** for **STAYING** motivated

Motivation is a tricky concept. There are many days I wake up and I am not motivated. I would much rather stay in bed with Netflix and a block of chocolate. Though I may not be motivated, I am still committed to my goals and it's that commitment that keeps me going.

By setting myself small, daily goals, it makes me stay on track a lot easier because they are maintainable.

Samara's advice on how to overcome a setback

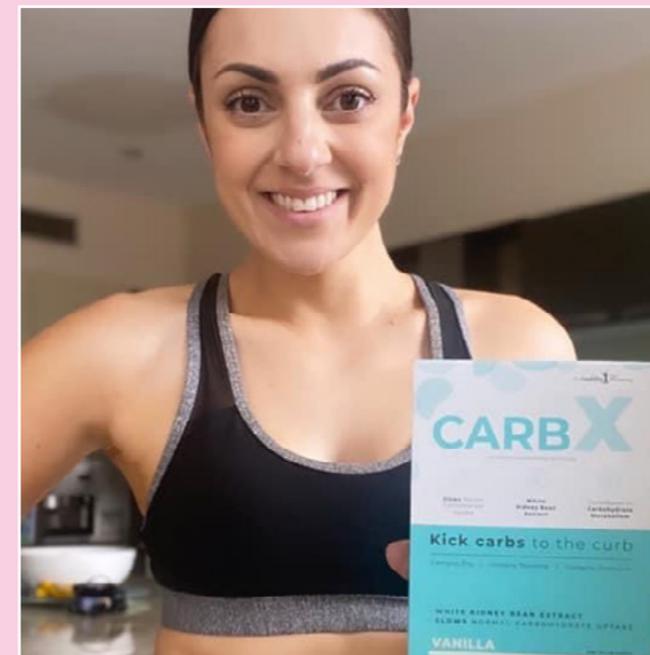
One of my favourite quotes is “The one who falls and gets up is stronger than the one who never tried.” It’s so important to remember that you can ‘start again’ a million times. There are no rules to this. There will be better days, and not so good days. But remember, every step you take in the right direction is getting you closer to your goals. Remind yourself about why you have started and how far you have come.





Samara's Favourite Healthy Mummy Products

Without a doubt, my favourite Healthy Mummy product has to be the Smoothies!! They are easy, convenient, smooth and absolutely delicious! But coming in at a very close second, would be the collagen powder. I have this daily and have noticed some real differences to my skin, hair and nails!



10 fave recipes:



Hidden Veggie Sausage Rolls



Vanilla Slice



Mint Choc Bubble Crunch



Beef and Mushroom Mac and Cheese



Lasagna Soup



2 ingredient pizza dough



Stovetop Lasagna



Chicken and Mushroom Risotto



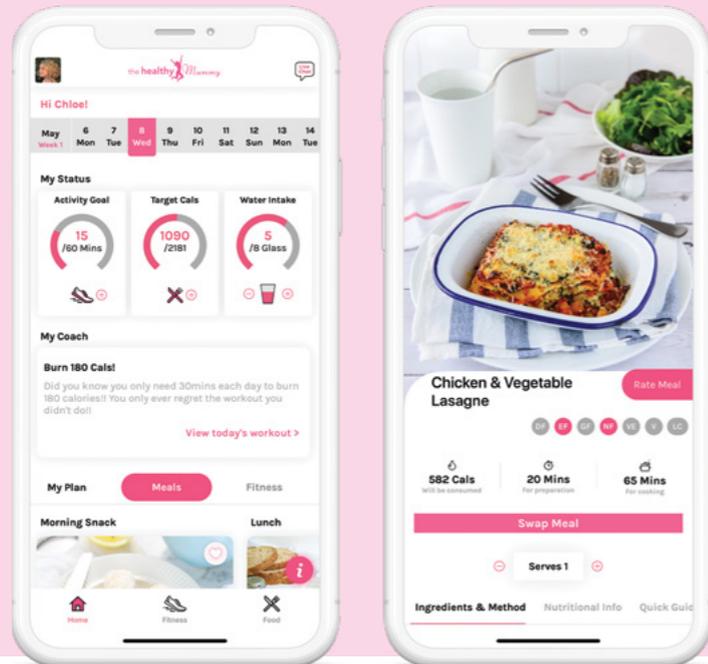
Bloating Tummy Smoothie



Choc Chip Banana Bread

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

The Healthy Mummy App is full of tools to help you stay on track. Whether it's tracking your calories, water intake, your physical activity and even your steps - there are so many ways to stay accountable. You have thousands of recipes in the palm of your hand, hundreds of different exercise videos to do in the comfort of your own home, and a meal plan that is made up to suit you and your needs.



How to get in touch with Samara

 [rochelle_samara_](https://www.instagram.com/rochelle_samara_)

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