



5

# Habits

TO BUILD POWERFUL  
INSULIN SENSITIVITY



**I am so excited that you are here and ready to get lead a Healthier, Stronger and Happier life.**

This guide gives you a short overview of what insulin is and how it impacts your body with powerful daily habits that will rebuild your insulin sensitivity and transform your metabolic health from the inside out.

These habits are strategic, research-backed actions that work together to shift your body from "fat-storage mode" to "fat-burning mode." Each one supports and amplifies the others for maximum impact.

Start with Know Your Numbers, then add one new habit every 1-2 weeks. Master each one before adding the next. Don't try to do everything at once.

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This document is for informational purposes only and is not a substitute for professional medical advice. Individuals in good health, those with health concerns, or those aware of any medical conditions or physical limitations should always consult a physician before starting any eating or exercise program.

# WHY YOU CAN'T LOSE WEIGHT

## (AND IT'S NOT YOUR FAULT)

You're doing everything "right."

You're eating less. You're moving more. You've tried cutting carbs, counting calories, intermittent fasting, clean eating, and every diet that promises results.

And yet—the weight won't budge. Or worse, it comes off for a few weeks and then creeps right back on, bringing friends.

Your energy crashes every afternoon. You're constantly thinking about food. The cravings feel impossible to ignore.

Your body feels like it's working against you instead of with you.

Here's what no one is telling you: It's not about willpower. It's not about eating less or exercising more. It's about insulin sensitivity.

Insulin sensitivity is one of the most powerful—yet overlooked—factors that determines whether your body burns fat or stores it, whether you have steady energy or constant crashes, whether weight loss feels effortless or impossible.

And the best part? You can improve it starting today.



# MEET INSULIN

## YOUR BODY'S STORAGE MANAGER

### What Is Insulin?

Let's start with the basics, because you can't fix what you don't understand.

Insulin is a hormone, a chemical messenger made by your pancreas. Its main job is to manage what happens to the food you eat. Think of insulin as your body's storage manager, deciding where energy goes: into your cells to be used right now, into storage for later, or into your fat cells for long-term keeping.

Here's the simple version of how it works:

When you eat carbohydrates (bread, rice, pasta, fruit, sweets, anything with carbs), your body breaks them down into glucose (sugar). That glucose enters your bloodstream, and your blood sugar rises.

Your pancreas notices this and releases insulin.

Insulin's job is to get that glucose out of your bloodstream and into your cells where it can be used for energy.

**Glucose (sugar from your food)** is delivered to your cells, but it can't get inside on its own, the doors are locked. Insulin shows up, uses its "key" to unlock the cell door, and glucose can enter to be burned as fuel.

When this system works smoothly:  
You eat → blood sugar rises → insulin unlocks cells → glucose goes in → blood sugar comes back down → you feel energised and satisfied

This is insulin sensitivity: your cells respond quickly to insulin's "knock at the door."



# GETTING STARTED

## KNOW YOUR NUMBERS

### WHY IT MATTERS

You can't improve what you don't measure. Understanding your starting point gives you clarity about where you are on the insulin sensitivity spectrum and allows you to track your progress as you implement these habits.

Most people have been insulin resistant for years without knowing it because standard testing doesn't catch it early. Standard checkups usually only look at Glucose (sugar), which can stay normal for a long time while insulin is already elevated. Tracking both gives you a more complete picture of what's happening in your body.

### WHAT IT DOES IN THE BODY

Think of Glucose as the speed of your car, and Insulin as how hard you are pressing the gas pedal. You might be going a safe speed (normal glucose), but if you have to floor the gas pedal to maintain it (high insulin), your engine is going to struggle. Tracking this ratio tells you how efficient your "engine" is becoming.

### WHAT YOU NEED TO KNOW

To get the full picture, you need two specific numbers: Fasting Insulin and Fasting Glucose. (HbA1c is good to have, but not required for this specific calculation).

### WHAT YOU NEED TO DO

Every 3–6 months, ask your doctor for these two tests. Then, plug them into the HOMA-IR calculator to see your score:

<https://thebloodcode.com/homa-ir-calculator/>

### TIPS TO IMPLEMENT

**Track your numbers** in your phone or on a spreadsheet so you can easily share with your healthcare practitioners and monitor your progress over time.

**No Labs? No Problem:** If you don't have access to blood work right now, that's okay! Please review the guide to see the areas improving in how you feel.



# HABIT 1

## BUILD YOUR INSULIN-SENSITIVE PLATE

### WHY IT MATTERS

Every meal is an opportunity to either spike insulin or keep it steady. When you eat refined carbs and sugar alone, insulin skyrockets. When you balance your plate with protein, fiber, and healthy fat, insulin stays moderate and manageable.

This isn't about restriction, it's about combination. The right combination keeps you satisfied, energised, and in fat-burning mode.

### INSULIN-SENSITIVE MEAL EXAMPLES

#### BREAKFAST

*Scrambled eggs (protein) + avocado (fat) + spinach (fiber) + berries (carb)*

#### LUNCH

*Grilled chicken (protein) + olive oil dressing (fat) + large salad (fiber) + chickpeas (carb)*

#### DINNER

*Salmon (protein + fat) + roasted broccoli (fiber) + sweet potato with butter (carb + fat)*

### WHAT TO DO

#### BUILD EVERY MEAL WITH THESE 3 COMPONENTS:

##### PROTEIN *PALM-SIZED*

Keeps you satisfied, minimal insulin response, supports muscle

##### EXAMPLES

*eggs, chicken, fish, Greek yogurt, tofu, beans, lean beef*

##### FIBER *FILLS HALF YOUR PLATE*

Slows glucose absorption, feeds gut bacteria, creates steady energy

##### EXAMPLES

*vegetables (especially non-starchy), berries, legumes*

##### HEALTHY FAT *THUMB-SIZED/20 GRAMS*

Slows digestion, increases satisfaction, supports hormones

##### EXAMPLES

*avocado, olive oil, nuts, seeds, cheese, butter*

### QUICK WINS

Never eat carbs alone  
(no naked toast, no solo fruit)

Add protein to everything (eggs to breakfast, nuts to snacks, chicken to salads)

Fill half your plate with vegetables at lunch and dinner

### TROUBLESHOOTING

"I don't have time to cook" →

Batch prep proteins on Sunday, buy pre-cut vegetables, use rotisserie chicken

"I'm not hungry for that much food" →

Start smaller and build up; you'll be more satisfied and eat less overall

"I'm vegetarian/vegan" →

Focus on plant proteins (legumes, tofu, tempeh) and ensure adequate protein at each meal

# HABIT 2

## KEEP INSULIN LOWER BETWEEN MEALS

### WHY IT MATTERS

When insulin is frequently elevated from constant snacking, it becomes harder for your body to access stored fat for energy.

Eating satisfying, balanced meals (instead of grazing all day) helps you naturally avoid the blood sugar roller coaster that drives cravings and makes everything feel harder. Giving your body breaks between meals allows insulin to come down, making it easier to tap into fat stores.

### WHAT TO DO

#### **SPACE YOUR MEALS 3 HOURS APART WITH NO SNACKING IN BETWEEN.**

This doesn't mean starving yourself—it means eating satisfying, balanced meals (using Habit 1) that keep you full for hours naturally.

#### **THE BASIC APPROACH:**

Eat 3 solid meals per day and either 1 or 2 snacks

E.g breakfast 9am, lunch 12pm, afternoon tea 3pm, dinner 6pm

Give your body clear "eating periods" and "fasting periods"

#### **OPTIONAL:**

Create an eating window. Eat all meals within a 10-12 hour window (example: 8am-6pm) if it works for your body

### IF HUNGRY BETWEEN MEALS

Drink water first (often thirst masquerades as hunger)

Have herbal tea or black coffee

If you're starving 2 hours after a meal, it may have been too small. Add more protein & fiber next time.



# HABIT 3

## BUILD YOUR METABOLIC SPONGE

### WHY IT MATTERS

You need a place to put the energy you eat so it doesn't float around your bloodstream. Muscle is that place.

Muscle tissue is a "glucose sponge." The amazing thing is that contracting muscles can soak up glucose without needing insulin. This gives your pancreas a massive break and keeps circulating insulin low.

You don't need to look like a bodybuilder. You just need to convince your body that your muscles are "open for business."

### WHAT TO DO: RESISTANCE TRAINING

**Resistance training** builds muscle tissue (your long-term insulin sensitivity investment) **Complete 2-3x per week**

#### **BUILD MUSCLE WITH:**

Bodyweight exercises  
*squats, push-ups, lunges*

Free weights or resistance bands

Weight machines at the gym

Progressive overload  
*gradually increasing challenge*

#### **FOCUS ON MAJOR MUSCLE GROUPS:**

legs, back, chest, shoulders, arms



### WHAT TO DO: POST-MEAL WALKS

**Walking after meals** uses existing muscle to clear glucose immediately (your short-term insulin hack)

After eating (especially carb-containing meals), go for a gentle 10-15 minute walk. This pulls glucose into your muscles and dramatically reduces the insulin response to your meal.

#### **START WITH ONE MEAL:**

Choose your largest meal (usually dinner) and commit to a 10-minute walk immediately after. Keep walking shoes by the door or treadmill and make it non-negotiable for 2 weeks until it becomes automatic

### TROUBLESHOOTING

"I don't have time for the gym" →  
Home bodyweight workouts take 20 minutes

"I don't know how to lift weights" →  
Start with bodyweight, hire a trainer for 2-3 sessions to learn form, or use apps

"I'm too out of shape" →  
Start where you are; even 5 minutes of movement is progress

"I can't walk after meals" →  
Set a timer and walk in place, do air squats, or march in your living room

# HABIT 4

## SLEEP YOUR WAY TO INSULIN SENSITIVITY

### WHY IT MATTERS

**Here's a striking fact:** Even one night of poor sleep can measurably reduce insulin sensitivity, in some studies by as much as 30%.

When you're sleep-deprived, your cells become more insulin resistant.

**Poor sleep creates a vicious cycle:** Bad sleep → reduced insulin sensitivity → blood sugar instability → more cravings → poor food choices → worse sleep → further reduced insulin sensitivity

### TROUBLESHOOTING

"I can't fall asleep" → Try magnesium, chamomile tea, progressive muscle relaxation, or meditation apps

"I wake up at 3am" → This can be blood sugar crash; try a small protein + fat snack before bed

"I have young kids/shift work" → Do the best you can; even improving sleep by 30 minutes helps

"I'm a night owl" → Work with your natural rhythm when possible, but consistency matters more than timing

### WHAT TO DO

**Aim for 7-9 hours of quality sleep per night at consistent times.**

Focus on both quantity AND quality:

**Go to bed and wake up at the same time daily (even weekends)** - Consistency reinforces your body's internal clock and makes falling asleep easier

**Create a sleep-friendly environment** - Cool (18-20c), completely dark (blackout curtains or eye mask), quiet (white noise if needed), comfortable bedding

**Develop a wind-down routine** - Start 1 hour before bed: dim lights, no screens, relaxing activities only (reading, journaling, stretching, warm bath)

**Eliminate sleep disruptors** - No caffeine after 2pm, no large meals 2-3 hours before bed, limit alcohol (disrupts deep sleep), no intense exercise within 3 hours of bed



# HABIT 5

## ADDRESS THE SILENT SABOTEUR: STRESS

### WHY IT MATTERS

Chronic stress is one of several key factors that can significantly impact insulin sensitivity, yet it's often completely overlooked.

Here's what happens: **When you're stressed, your body releases cortisol.** Cortisol's job is to raise blood sugar (to give you energy to "fight or flee"). This made sense for our ancestors running from predators. But when you're chronically stressed about work, finances, relationships, or your never-ending to-do list, cortisol stays elevated.

**High cortisol contributes to elevated blood sugar, which drives up insulin and can worsen insulin resistance over time.**

Managing stress is an important piece of the metabolic health puzzle.

### WHAT TO DO

**Implement a daily stress management practice, even just 5-10 minutes.**

This isn't optional or "nice to have." It's essential for metabolic health.

The goal isn't to eliminate all stress (impossible and some stress is good for you). It's to give your nervous system regular breaks to shift from "fight or flight" to "rest and digest."

### HOW TO IMPLEMENT

**Choose ONE daily stress practice (5-10 minutes):**

- **Mindful walking** - 10 minutes outside, no phone, just noticing your surroundings
- **Journaling** - Brain dump, gratitude list, or "worry time" (write and close the book)
- **Meditation** - Use apps like Calm, Headspace, or Insight Timer (start with 5 minutes)
- **Reduce stressful inputs** - Like watching the news, social media, tv shows

**Deep work:** If you find yourself stuck in repetitive stress patterns or emotional cycles, consider working with a therapist or health coach. Sometimes stored trauma keeps the stress response activated even when life circumstances improve. Addressing the root cause can be transformative for both mental health and metabolic health.

### TROUBLESHOOTING

"I don't have time" → You can't afford NOT to; 5 minutes prevents stress from stealing hours of your day'

"I can't quiet my mind" → That's normal; meditation isn't about stopping thoughts, it's about not engaging with them

"I'm too stressed to relax" → Start with movement (walk, stretch) before trying to sit still

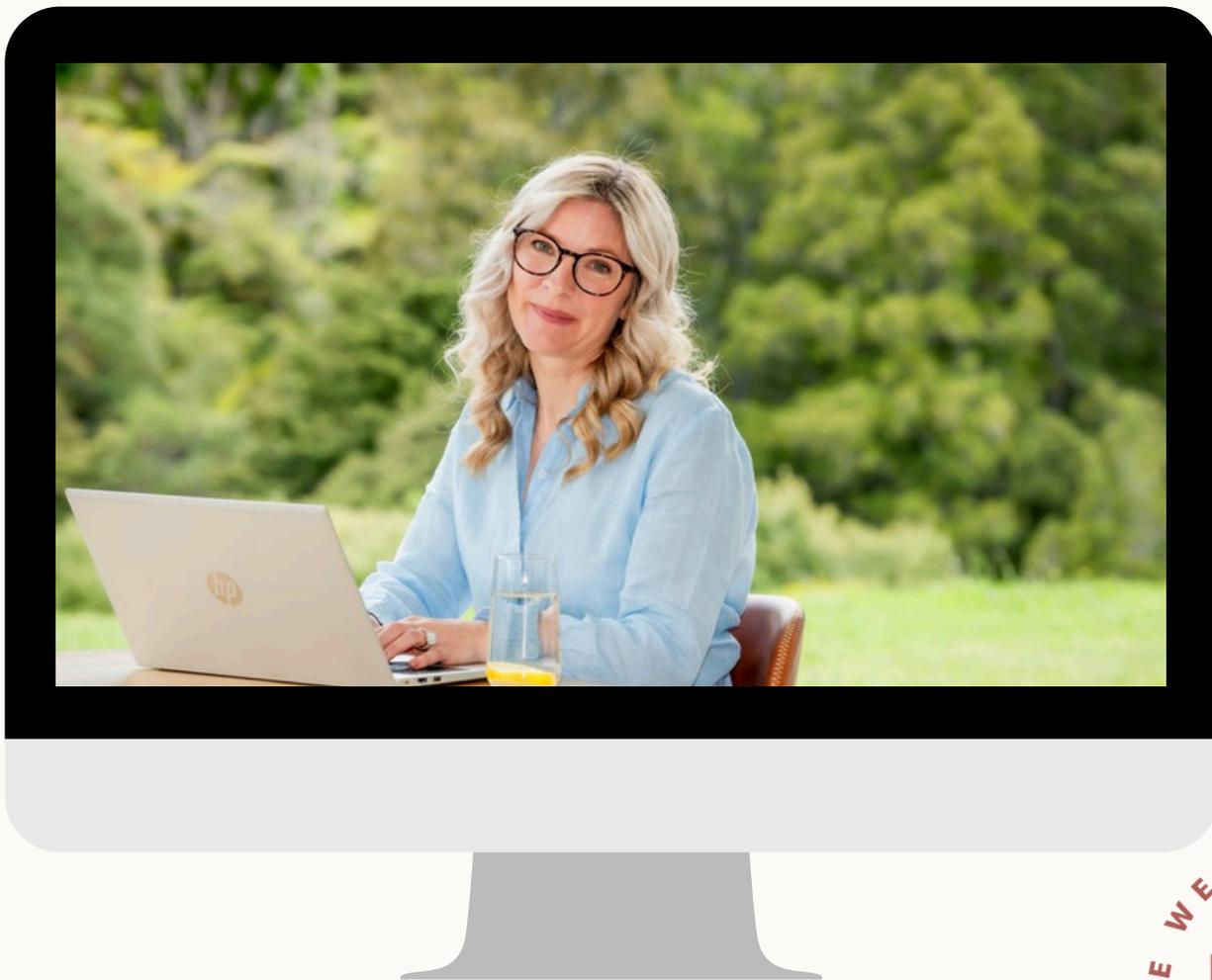
# READING THIS WAS THE EASY PART IMPLEMENTING IT IS WHERE MOST PEOPLE GET STUCK

**You don't have to figure this out alone.**

If you're ready to take the 5 habits from theory to real, lasting change, I can guide you every step of the way.

With personalised health and wellness coaching, we'll create a plan that fits your life, helps rebuild your insulin sensitivity, and makes these habits stick without overwhelm or extremes.

Reach out today to book a free discovery call and start turning these habits into results that last **BOOK**



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# YOUR TRANSFORMATION STARTS NOW

You have everything you need.

**Five simple, powerful habits** that work together to rebuild your insulin sensitivity and transform your metabolic health.

This isn't about perfection. It's about progress and consistency.

Some days you'll nail all 5 habits. Other days you might only manage 2 or 3. That's okay. What matters is that you keep showing up, keep making choices that support your body, and trust the process.

**Remember:**

- Every balanced meal is a win
- Every walk after dinner counts
- Every good night's sleep helps
- Every moment of stress management matters
- Small actions compound into extraordinary results

Your body is incredibly resilient. It **WANTS** to be insulin sensitive. You're not fighting against it, you're finally giving it what it needs to thrive.

**You're not broken. You're not failing.**

Your body has been responding to its environment exactly as it should. Now you're creating a new environment, one that supports fat burning, steady energy, balanced hormones, and vibrant health.

Your metabolic superpower is waiting.

**Go build it.**



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