

Jill Cruz – Helping Women Tap into their Innate Body Wisdom and Take Pleasure in Health Practices

In this episode:

- Jill recalls the amazing influences her family had on her health and the diagnosis that made her take extra precautions to the only wealth that matters in her life.
- The three stages of action that Jill took before realizing that her patterns are rooted from fear of failure.
- Discover the effect of a powerful tool called inspiration (not motivation) which helped on her journey towards self-love.
- Listen to Jill's mission of helping others navigate through the painful and seemingly unnecessary battle towards health, self-love and body acceptance.
- Understanding the essence of "re-commit" for a life-long integration of practice and inspiration for the pursuit of self-love.

Jill Cruz, MS, CNS helps women over 40 that hate dieting to lose weight and feel great without being deprived. Jill has a Master of Science degree in Human Nutrition and is a Board Certified Nutrition Specialist. Jill combines her strong science-based background with tons of practical nutrition, fitness, and lifestyle guidance, helping women achieve greatness AND happiness. She is on a mission to guide women to reach their wildest dreams for their health while loving the food they eat and the life they live.

Quotes from this episode:

"I was afraid to commit because I was afraid to fail." – Jill Cruz

"The bottomline is commitment whether you're afraid or not." - Jill Cruz

"Inspiration is the inner desire to do something because I deserve self-love." - Jill Cruz

"Nourish your body properly and take pleasure in your eating." - Jill Cruz

"You practice because you are not perfect." - Jill Cruz

"You don't have to be perfect, but you have to be present." - Jill Cruz

"When you take care of your body, your body responds." - Jill Cruz

3 Pearls of Wisdom:

1. "This is a practice, I don't have to be perfect."
2. "Your environment is everything."
3. "Plan. If you think you're going to wing it, you're probably not going to do as well as you could."

Timestamp:

07:44 – 09:52 - The stages of action that Jill took before discovering the root of her unhealthy routine.

Resources:

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Website: <https://wynweightloss.com/>

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