

# AT HOME IN HER BODY

*The Female Body — Movement, Nutrition, Recovery and Care*

The Glow Coach Method

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*At Home in Her Body*



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This book is a work of education, not a substitute for individual medical care. It explains how the female body tends to respond to movement, nutrition, recovery and skin care, and it does so in the language of physiology (the science of how the body functions) and biomechanics (the study of how the body moves under load). But a book speaks to every reader at once, and your body is only yours.

Before you begin any new training, change how you eat, or undertake any of the treatments described here, consult a physician or a qualified professional — especially if you are pregnant, have given birth recently, live with a cardiovascular (heart and blood-vessel) condition, a metabolic condition such as diabetes, a musculoskeletal injury, or any chronic illness. Nothing in these pages is a diagnosis, a prescription, or a personal plan made for you.

You will notice that this book never gives you a number for things like maximal oxygen uptake ( $VO_2$  max — the highest rate at which your body can use oxygen during effort) or the lactate threshold (the point during exertion at which a by-product called lactate begins to accumulate faster than the body clears it). This is deliberate. Those values are profoundly individual; the only honest source of your numbers is your own measurement, performed by a professional. A book that hands you someone else's number sends you to wander — and this book exists to do the opposite.

You can read this book in order, cover to cover, and it will build on itself: each part rests on the one before it. But you can also open it at the part you need today — the chapter on sleep does not require you to have finished the chapter on strength. Each part is written to stand on its own feet while still belonging to the whole.

One habit will repay you more than any other: read with a pen. Where you see a term in plain language inside parentheses, that is not filler —

it is the book teaching you the vocabulary of your own body, one word at a time. By the later chapters you will be reading sentences that would have looked impenetrable at the start, and you will understand them. That fluency is itself part of what this book is for.

## Dedication

*For my mother —*

This book is for you, in the hope that it will move you to understand what all those daily physical demands are doing to your body, and how much you can do to help yourself. I am grateful for every difficulty you carried on your back so that I could gain this knowledge.

To my father — thank you for every step and every direction that made me who I am.

To every woman who has passed through my life: the ones whose smile I helped restore, the ones I educated and supported, and the many more I have yet to meet — I look forward to what we will build together.

And to my children — thank you. You have taught me more through lived experience than anything else ever could.

*Enjoy the reading.*

*Marija Jelić*

# Foreword



*This book will not promise you a body in twenty-one days. It will promise you something harder and worth more: that you will never have to start from zero again.*

I have spent years among women who were doing everything right and getting nowhere. They trained hard, they ate carefully, they bought every product that promised results — and then, quietly, they gave up. Not because they lacked discipline. Because nobody had ever given them an accurate map of the territory.

What I observed, year after year, was a pattern. Women are extraordinarily capable of following through when they understand why. Give a woman accurate information and genuine respect for her intelligence, and she will do the work. What stops her is not laziness or lack of will. It is the moment when the goal begins to feel unreachable — when the effort is real but the result is invisible — and nobody has explained why that happens or what to do about it.

I have worked with women at every stage: beginners who wanted to start correctly, women who had spent years in the world of wrong advice and needed to reset, and women in their mature years who arrived at yoga convinced it was too late for anything else, and who discovered, slowly, that it was not too late at all. Each of them taught me something. This book is built from what they taught me.

It is dedicated to the women who are searching. To the ones who work hard without seeing results, to the ones who are just beginning and want to do it right, and to the ones who have been circling the same

mistakes for years and are ready, finally, for a different kind of instruction.

I hope you read it often, and return to it. And I hope that when you do, you find what you came for.

*Marija Jelić*

## **Who this book is for**

FOR YOU. WHETHER YOU have never lifted anything heavier than a grocery bag or have trained hard for years; whether you are twenty-three or sixty-three; whether you have just given birth or are entering menopause (the stage when menstrual cycles permanently end). I wrote it so that every chapter has a floor that a beginner can stand on, and a deeper layer for the woman ready to go further. Nowhere will I leave you to guess on your own — that is the promise of the whole book.

I will not, however, promise you the other thing: that this will be quick, easy, and that you will end up looking like someone else. This book is not about becoming smaller. It is about becoming stronger, healthier and calmer in the body you already have — and the changes you may wish for will arrive as a consequence of health, not as a price you pay for it.

## **The promise I am making you**

EVERYTHING WRITTEN here can be checked. You will not meet magic words, no “metabolism boosted by 400%”, no foods that “melt fat while you sleep”, no treatments that “flush out toxins”. Where science knows something reliably, I will tell you so plainly. Where it does not, or where the matter is contested, I will tell you that too — because a reader who deserves to be trusted is owed the truth even when it is less attractive than an advertisement.