



**FORTY FIFTY
FABULOUS**
Your Key to Midlife Wellness



As you head into your forties your body will start to change. Most women will start to experience some of the various symptoms of perimenopause, many of you will be completely unprepared for this time of life.

As you enter perimenopause and menopause fluctuating hormones can have a huge impact on your daily life, from mood swings and fatigue to impacted sleep and weight gain. It can be confusing and frustrating and, for some women, life changing.

I struggled through menopause and my journey led me to creating this program; because my mission is to educate and support women like you so you can approach menopause empowered and fully prepared and can feel fabulous through midlife and beyond.

This 12-week diet and lifestyle revamp is a 1:1 coaching program for the woman who is ready to commit to making her health a priority.

If you are ready to be freed from restrictive dieting, wasting time and money on generic, one size fits all plans and are **ready to commit** to a personalized plan that will give you the key to your midlife wellness, then this program is for you!

We will work 1:1 together for 12 weeks, focusing on the 5 Pillars of Menopausal Health and what they mean to YOU and YOUR own personal health goals.



F – Food & Nutrition

We focus on great nutrition! So many women are under eating or following restrictive diets. I support you to get you out of that cycle and learn what is best for you and your body. Working together to get you out of that vicious diet cycle!

I believe in adding in, not restricting. So we keep the foods you love in there and work together to include more protein and nutrient dense foods that your body needs at the time of life so that your body is nourished and you can feel your very best.

R – Rest & Sleep

Good sleep is the foundation of good health so you should protect and prioritize your sleep as much as you would your physical wellbeing!

Lack of sleep has a big impact on your hormones which in turn will impact your health and any weight loss efforts. If your sleep has been deteriorating during perimenopause and menopause, then you need to act on it. We look at ways to support you getting better sleep and work in how to create sleep friendly habits that will provide you with sustainable, sleep forming habits

E – Exercise & Movement

Menopause is often associated with weight gain, but it is our hormones that are affecting our body composition and how fat is stored. That's why you see so many of these lovely marketing terms such as "meno belly" or "meno muffin top"

The aging process also means a decrease in overall muscle mass and strength as well as a decrease in bone density. This is why the right types of exercise are so important in midlife. We'll look at your current routine and see where you can start to optimize it. You'll be amazed at how your body can transform when you start to add in strength and resistance training!

E – Education & Hormones

“What on earth is happening to me?” is a common question in Perimenopause and Menopause as it can be such a confusing time. For a long time it has been shrouded in shame and there is so much misinformation that it’s difficult to know which way to turn.

I use only science based advice from menopause professionals and have collated a library of information that I wish had existed when I started my menopause journey!

This includes information about Menopause Hormone Therapy (MHT) and how to have this discussion with your doctor if you feel it is a good option for you.

S – Stress & Mindset Management

Mindset is so important as we age, that internal voice, how we talk to ourselves can have a big and sometimes detrimental impact on both our mental and physical health.

“I’m too old” “It’s too late” “I can’t do that”

We start to believe the stories we tell ourselves. Shifting that mindset to “I can do anything!” is a powerful tool. Setting goals and focusing on your WHY will provide a clear vision for you to follow so you can stop wandering aimlessly.



Ready to get started?

Contact me at sue@fortyfiftyfabulous.com or

Book a free 1:1 consultation at: <https://calendly.com/fortyfiftyfabulous/free-1-1-wellness-consultation>

