

Hormonal Health

Hand's up if you're in your 30's, 40's or 50's and managing your weight or getting good quality sleep feels a little harder?

The Three Stages of Menopause

PERIMENOPAUSE

The lead up to menopause (running out of eggs)

MENOPAUSE

Hormone production from ovaries has stopped

POST-MENOPAUSE

Your body adapts to lower levels of hormones

Symptoms

There are over 40 symptoms of perimenopause and menopause, but we won't experience all of them.

Common symptoms include:

Period changes, hot flushes/night sweats, sleep problems, weight gain/weight redistribution, brain fog/concentration issues, mood issues.

Other less common symptoms may include:

Anxiety, dry skin, hair loss, exhaustion, vaginal dryness, low libido, migraines etc.

Symptoms of perimenopause may come in waves and often get worse just before your period when oestrogen levels drop.

KRISTY'S TOP TIPS FOR EXERCISE

- Invest in 1-2 sessions with a qualified personal trainer
- Exercise with a friend for accountability
- Invest in a set of 3-5kg dbells - you can do a total body workout with ease!
- Ask a few local gyms if they offer a week free trial & go at the times you intend to train to see how busy it is and if you like the vibe
- Seasons change, make sure you have an indoor form of exercise planned!
- Start with exercise you enjoy for long term adherence and make it fun!
- Listen to your energy levels and take a rest day if needed

SPOTLIGHT:

Hormonal *Health*

fresh
START 

Key Facts on Peri-Menopause

#1: Perimenopause is highly variable between women. It usually happens in a woman's 40s and, on average, lasts between 4-6 years. It can be as short as 1 year or as long as 10 years.

#2: Periods may get heavier, lighter, longer or shorter due to hormonal changes.

#3: Oestrogen receptors are present in almost every cell of a women's body which is why symptoms for perimenopause and menopause can be so varied and affect so many body systems!

6 Tips for Managing Your Hormonal Health

#1
Eat 2-3 serves
of dairy each
day

#2
Eat oily fish or
plant-based
sources of
Omega-3

#3
Move your body
and include cardio
and strength-based
exercise

#4
Limit alcohol
and caffeine

#5
Load up on
colourful veggies
and plant foods

#6
A gentle
approach to
weight

Remember some lifestyle habits can help you to manage symptoms. However, whether you are experiencing perimenopause or menopause it is always important to chat to your GP or trusted health professional about your symptoms for advice that is relevant to you and to discuss all the available treatments to you (both hormonal and non-hormonal).

SPOTLIGHT:

Hormonal Health



Try out these challenges to help you feel your best through perimenopause and beyond.

Challenge Tracker

Challenges:	Week 1	Week 2	Week 3	Week 4
Eat 2-3 serves of dairy each day. We love cottage cheese!				
Try to have a dish with oily fish or seafood at least once per week				
Add some light weights into your cardio routine and build up slowly				
Try alternating coffee with lower- caffeine drinks like matcha or tea.				
Try a vegetarian recipe or a canned legume you've never tried before.				
Choose clothes that make you feel amazing!				