

COACHED

MASTERING YOUR MENOPAUSE

**3 Steps for
Minimising
Menopause
Misery**



Get-Coached.uk

Powered by Underground Gym

IF YOU'RE A WOMAN THEN THREE THINGS IN LIFE ARE INEVITABLE...

DEATH, TAXES & MENOPAUSE



Some time between your late-40s and early-50s, you will first experience peri-menopause and then fullblown menopause. It starts with your ovaries, which will begin to produce less oestrogen and progesterone; in some cases your testosterone production will change too. The diminishing levels of these sex hormones have a number of uncomfortable side effects: loss of libido, mood swings, weight gain, low energy and poor sleep, and it is these that we associate with menopause. Then there are the diseases, whose prevalence increases with menopause – diseases such as heart disease, type-2 diabetes, osteoporosis and obesity.

While not all women experience all these symptoms, (for instance, only 2/3rds of women experience hot flushes), most women will experience some symptoms and be at higher risk of the associated diseases.

The good news is that you can control your lifestyle to minimise the impact menopause has on your life.

3 STEPS TO MINIMALISE

MENOPAUSAL MISERY

1

NUTRITION

During the transition into menopause, the declining levels of oestrogen circulating around the body negatively impacts metabolism; this has the potential of leading to significant weight gain. It also can affect cholesterol levels, altering the way your body digests carbohydrates. It is therefore very important to be careful about what you eat.

2

EXERCISE

We know exercise is great for our hearts, but it also helps our bones and joints by increasing their capacity to bear weight and range of movement, it improves our metabolism and body's ability to digest, is important for our mental health, and generally is great for our overall health.

So there is no excuse not to be exercising. During our menopausal years we should be burning around 500 calories a day through exercise – are you doing this?

3

LIFESTYLE

Exercise and nutritional changes are the first things many of us think of. While they are tough changes, incorporating exercise or eating more healthily is often a lot easier than making lifestyle changes. However, these are the changes our bodies really need. Too often we are stuck in un-healthy lifestyles and do not know how to come out of them. Small changes can make all the difference, but you need to be determined and committed.



STEP 1

NUTRITION

INCREASE YOUR CALCIUM INTAKE



Women can lose up to 20% of their bone density in the five to seven years after the menopause. The drop in bone density is caused by falling levels of the female hormone oestrogen, which helps protect bone density.

Bone density is only one of the things that affects bone strength, so the risk of osteoporosis and fractures stay relatively low until women get much older.

Consuming food that is high in calcium is a great way to protect your bones, preventing the rate at which they weaken.

These foods include:

- **Dairy** – milk, yoghurt and cheese
- **Green leafy vegetables** – kale and spinach
- **Beans**
- **Tofu**
- **Sardines**
- **Fortified cereals and milk alternatives**

MAINTAIN A HEALTHY WEIGHT



For most women menopause comes at just the wrong time as far as weight is concerned, as ageing, lifestyle and genetics all mean that weight gain is inevitable without hormones adding to the mix. What's more, hormonal weight gain is in all the wrong places – think hips and tums!

However, if you take control and responsibility regarding what you eat, menopausal weight gain does not need to be an issue.

Firstly, know your weight – this does not mean you need to be constantly monitoring it, but you should definitely know what you weigh and how much your weight has changed.

Taking measurements around your hips, waist, thighs and arms is also wise, as this is often a much better measure of hormonal weight gain.

Then look at the way you eat:

Portion sizes – do you need as much food now as you did when you were younger, or have you simply got into a habit of dishing up a plate full rather than what you are hungry for?

Cutting out snacks and food between meals – we are a society that snacks, which mean our bodies are inundated with calories and our digestive system never gets to rest. Just say no!

Eat healthy – look to cut out food that is overly processed, contains high levels of sugar or salt, and is generally unhealthy.

PILE HIGH WITH FRUIT AND VEGETABLES



Ensuring you have enough fruit and vegetables in your diet is another great way of stopping the side effects of menopause in its tracks.

The consumption of fruit and vegetables can help prevent a number of menopausal symptoms and associated diseases in their tracks.

Health Benefits:

- **Obesity** – low calorie and full of fibre, vegetables ensure you will feel full and this aids weight loss, helping you maintain a healthy weight.
- **Heart disease** – diets rich in fibre, vitamins and minerals help lower blood pressure and LDL (or bad) cholesterol, reducing the risk of diabetes and lowering the risk of heart disease.
- **Bone loss** – green leafy vegetables are high in calcium that can help reduce the speed at which bone density is lost. In fact, a study of over 3,000 individuals showed diets high in fruit and vegetables significantly reduced the speed at which bones broke down.

STEER CLEAR OF TRIGGER FOODS



There are certain foods or food groups that act as triggers, appearing to amplify the side effects of menopause.

These include, but are not limited to:

- **Alcohol** – increases hot flushes, night sweats and insomnia in some women. Experts have shown alcohol can also increase the risk of a number of serious health issues for menopausal women including heart problems, cancer, liver disease and osteoporosis.
- **Caffeine** – exacerbates a number of menopausal symptoms especially insomnia and hot flushes. This can negatively effect mood and cause a negative spiral.
- **Sugar** – oestrogen and progesterone affect how your cells respond to insulin. After menopause, changes in hormone levels can trigger fluctuations in insulin levels and the body's blood sugar level. This can increase the risk of developing type-2 diabetes.
- **Spices** – unsurprisingly in a lot of menopausal women hot foods can trigger hot flushes and night sweats. So stay clear of the chilies and swap them for other flavoursome spices like cumin and turmeric which do not pack as much punch in the heat department.

Triggers can be highly specific to the individual, so know your body and look out for foods that trigger you.

LEARN TO LOVE PHYTOESTROGEN FOODS

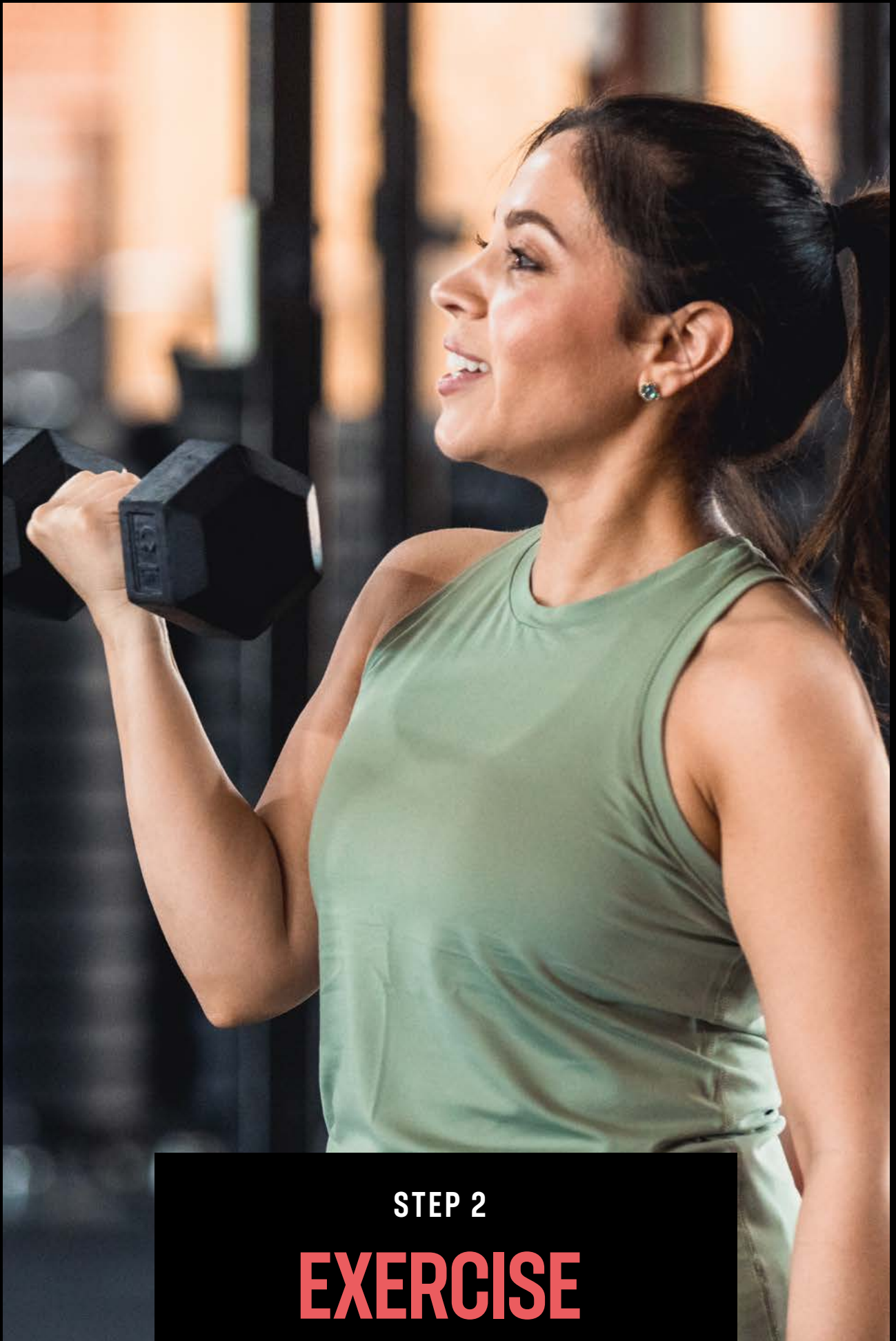


Phytoestrogen is a naturally occurring plant compound that mimics the effect of oestrogen. By consuming foods that are naturally high in phytoestrogen you are in fact restoring the oestrogen balance within your body. It is believed that phytoestrogen is the reason Japanese women rarely suffer from hot flashes and many of the other symptoms associated with menopause.

Foods high in phytoestrogen:

- **Soya beans**
- **Tofu**
- **Flaxseed**
- **Linseed**
- **Sesame seed**
- **Beans**

Be aware that the way a food is processed will impact the amount of phytoestrogen it contains.



STEP 2

EXERCISE

INCREASE YOUR AMOUNT OF EXERCISE & THE INTENSITY AT WHICH YOU DO IT



You may not be 20 years old any more, but this does not mean you should be living a sedentary lifestyle. You need to be regularly exercising, combining cardiovascular activities with strength training and stretching exercises.

Make sure you do a minimum of 150 minutes of cardiovascular work a week, two sessions of strength training and a further two sessions of flexibility work.

High Intensity Interval Training (HIIT) is a great option for anyone who has limited time; here you are ramping up the intensity to cut down the time required. Yoga or Pilates is another great form of flexibility training, whereas CrossFit is great for strength training or better still, get in contact with a trainer or coach..

EMBRACE THE POWER OF MOVING



Simply standing rather than sitting at your computer during the working day burns an additional 50 calories. It is a very simple principle, increase the amount of movement in your day and you will burn more calories.

We have the following hacks, where you can switch being sedentary for life in motion and make a huge difference:

- **Walking while you are on the phone**
- **Take the stairs over the lift or escalator**
- **Parking a little further away from work and walking the last stretch**
- **Standing at your desk**
- **Ironing to the beat of music**
- **Performing yoga while watching the TV**
- **Squats while brushing your teeth**

VARIETY IS THE SPICE OF LIFE



No matter how good your intentions are, if you allow exercise to become stale or get bored by it, your new resolve is almost destined to fail. So spice it up!

Why not try:

- **HIIT**
- **PiYo (combination of Pilates and Yoga)**
- **Zumba or Swoove**
- **Swimming or Aqua**
- **Park Run**

FIND AN EXERCISE BUDDY



When it comes to menopause you are not alone, the same goes for exercise – so buddy up!

Having someone else helps you stay accountable and ensures you are more likely to stay the course. Top of that list is having coach; they can provide the motivation, support and guidance people need to get back on track and stay on there. They are there to celebrate the wins and get you through the lows so give one a go!

USE EXERCISE AS A STRESS BUSTER AND SAY GOODBYE TO ADDITIONAL WEIGHT GAIN



Menopause definitely is a big source of stress; stress can result in weight gain and weight gain often results in more stress, creating a negative feedback loop.

This is because the stress hormone cortisol causes the body to lay down belly fat and putting on weight is a massive stressor for most people.

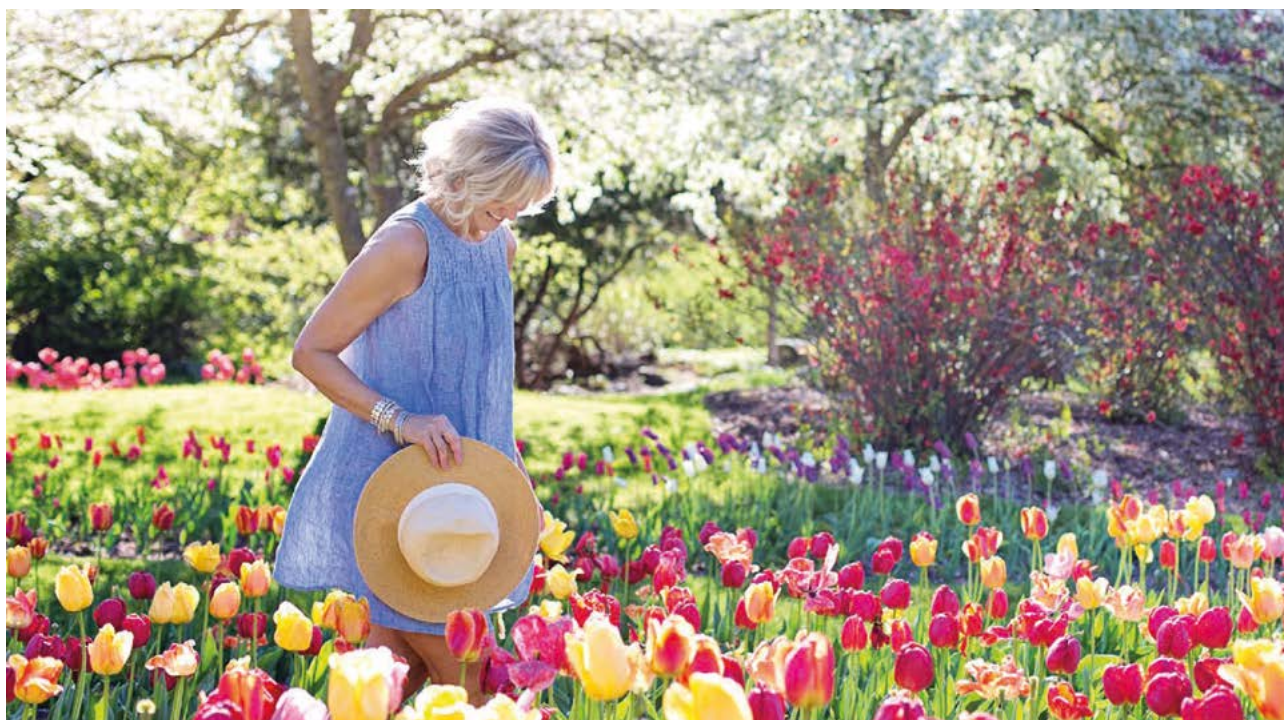
Exercise is a great way of busting stress, allowing you to release any frustrations you have in a healthy fashion. It also gives you time to focus on you, so is a great way of practicing mindfulness. Then there are all the feel good hormones you will be releasing too, these will help prevent you from looking to food to give you that feel good kick.



STEP 3

LIFESTYLE

ADOPT A VITAMIN D LIFESTYLE



Vitamin D is really important for your overall health, in particular brain function and happiness. It also helps protect your bones, making it a key vitamin that you need to ensure you have enough of.

Sunshine is key to vitamin D production, exposing your skin to just 30 minutes a day is all you need – but sometimes, thanks to the hectic world we live in, getting 30 minutes of sunshine is a challenge.

Here are some hacks to help you find time:

Gardening is not just for the elderly; it keeps you moving, helps you relax and best of all allows you to make vitamin D in the process.

Walk to work, or at least part of the way, find a new parking space 15 minutes away from work and walk that part of the journey. It is really good for you and will ensure your daily sunshine quota.

Sit in the sun and read a book over lunch. This is a great way of swapping something really unhealthy, eating at your desk, with something that will benefit your body and mind. Give it a go.

Play in the park with your kids or grandkids. Make the time to take your children or grandchildren to the park EVERY weekend and spend an hour playing. Rain or shine it will be good for you both, as long as you all are wrapped up. As long as you are not fully eskimo'd you should get your vitamin D quota.

If the sun still isn't shining on you, look to supplement your diet with additional vitamin D by eating:

- Oily fish
- Eggs
- Cod Liver Oil

LEARN TO LOVE WATER



Water is key to avoiding one of the most uncomfortable aspects of menopause that many women face – dryness.

Aim to drink between 8 and 12 glasses of water a day

During menopause, and afterwards, you need to look at drinking between 8 and 12 glasses of water a day. This is not tea, coffee, or juice, simply WATER. Once your oestrogen levels have decreased your body will need to have more water in order to keep you moist, so start increasing your intake.

Water also helps prevent weight gain, as you do not mistake hunger for thirst when you are fully hydrated. Studies have shown that simply drinking 500ml of water 30 minutes before you eat, has been shown to reduce a women's calorific intake significantly.

GET WHOLE & HEALTHY



One of the simplest ways to curb the effects of menopause is to quit unhealthy habits

- Smoking contributes to brittle bones – so ditch the cancer sticks.
- Processed food contributes to weight gain and increases the risk of depression – go whole and be healthy.
- Alcohol aggravates most of the symptoms of menopause – it’s also not good for your liver, kidneys or mental health, so why drink?
- Sugar contributes to weight gain and increases your risk of type 2 diabetes – it is also more addictive than drugs, so get in touch if you want great hacks for cutting your dependency on the sweet stuff.
- Carbonated drinks are packed with hidden carbs and are bad for weight gain and diabetes – they also contribute to brittle bones and poor teeth health. Just say NO!
- Fast food may be convenient but it is also packed full of fat, increasing your risk of heart disease. It also promotes weight gain and it really does not taste that great!

NATURAL SUPPLEMENTS



While supplements are not overly backed by scientific studies, many women going through menopause swear by them. What is key, is knowing what to take and what to stay clear of.

Avoid Black Cohash as it can cause potential liver toxicology

- **Calcium** – is key to putting brittle bones behind us. While it can be easily taken in through our diets sometimes it does pay to take a supplement too – look for a supplement providing 1,200mg of calcium.
- **Vitamin D** – sometimes there simply is not enough sun, or we just don't have the opportunity to get out in it. This is when a vitamin D supplement is great, so look out for one providing 800–1,000 units daily.
- **Phytoestrogen** – for a lot of women, red clover extract appears to elevate some of the symptoms of menopause, although there is a lack of scientific studies attesting to this.

STAY AWAY – Black Cohash has become a popular supplement for reducing hot flashes, BUT there are no scientific studies supporting this, there are however concerns about potential liver toxicology.

MAKE MINDFULNESS YOUR MANTRA



Becoming mindful is something that can help us in every aspect of our lives. There are plenty of apps, blogs and websites that will help you get attuned and mindful.

Think about what you are eating, when you are eating it and why you are eating it.

One area where applying mindfulness can really help with the symptoms of menopause is when applying it to eating. Weight gain is a massive issue for menopausal women, if we can get more in tune with our natural Arcadian rhythm by putting more focus on what we eat, when we eat it and why we are eating it, we can stop weight gain in its tracks.



I HOPE YOU HAVE ENJOYED READING THIS EBOOK

Sol Gilbert

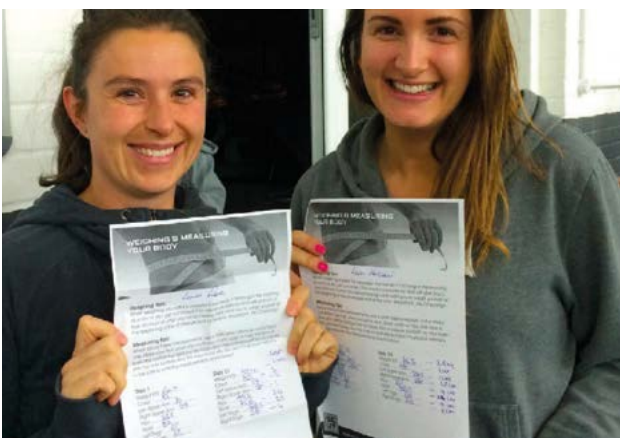
SOL GILBERT ULTIMATE TRAINING



NATALIE HARRIS

"In January, I was introduced to the Underground Strength Gym, HIT Rooms and Sol Gilbert. Still weighing 12 stone, my exercise wasn't cutting it! Sol introduced me to the 21/21 challenge... Eat clean, train main and get lean! 21 days later I was 11lbs lighter and feeling great..."

Long story short, it's 4 months on from meeting Sol Gilbert and his brilliant team, and I'm 2 stone and 2 dress sizes lighter!"



LAURA AND LAURA

They each lost 7cm from their waists!



Get-Coached.uk

Powered by Underground Gym