

# The Menopause Weight Loss Reset



A Hormone-Smart Blueprint for Women  
40+ Who've Tried Everything--From a  
Coach Who Lost 140 Pounds twice



Created by a Coach who lost 140 lbs in her  
30s - then lost 120 lbs again

# Welcome! You're in the Right Place!

If menopause has left you feeling stuck, bloated and betrayed by your body --you are not alone (and you are not broken).

This guide will help you understand what's actually happening in your body so you can stop guessing--and start seeing real results.

## What You Will Learn in This Guide

- ✓ How to balance hormones with food (no starvation, no extremes.)
- ✓ How to rebuild metabolism with strength training
- ✓ How to reduce stress + improve sleep so fat loss feels possible again
- ✓ How to track progress--without perfection, pressure or scale drama

Join the movement: strong, healthy, and unstoppable after 40.

# Why the Struggle?



**Estrogen  
Drops**



**Muscle  
Loss**



**Poor sleep  
& Stress**

- As estrogen drops, your body starts storing fat differently-- hello, belly fluff
- Muscles naturally decline with age, which means fewer calories burned at rest.
- Stress and sleep changes spike your cortisol (your fat storing hormone).

You're not lazy or broken-- your biology just changed. Now it's time to change your strategy.

You deserve science-backed solutions that work for your body now!

# Foods That Support (Or Sabotage) Your Hormones

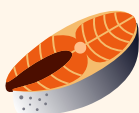
## Eat More of These



Leafy Greens  
Nutrient packed



Berries  
Lower Inflammation



Fatty Fish  
Supply Omega 3's



Nuts & Seeds  
Support Hormones



Whole Grains  
Sustainable Energy



Legumes  
Improve Gut Health

## Hormone Disrupting Foods



Processed Meats



Refined Carbs



Sugary Drinks



Trans Fats



### Bonus Tip:

Your gut health and hormone balance are BFF's. What you eat matters more than ever.

Your plate is a powerful tool--not a punishment

# How Hormones Hijack Your Weight



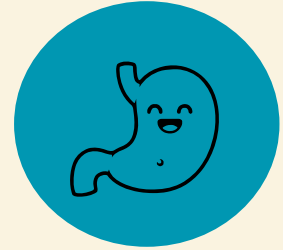
Insulin

Low estrogen can increase insulin resistance--making it easier to store fat



Leptin

Hormonal shifts lower leptin (your I'm full signal) making it harder to stop eating.



Ghrelin

Stress and menopause can raise ghrelin, your 'I'm hungry' hormone.

These hormones regulate your appetite, metabolism, and fat storage--so when they're out of balance, maintaining weight gets a LOT trickier.

Real calories go beyond "calories in, calories out!"

# The Science of Metabolic Slowdown



## Estrogen Decline

Estrogen declines can shift fat storage to your belly and slow your metabolism.

The good news? Understanding menopause empowers you to make positive changes.



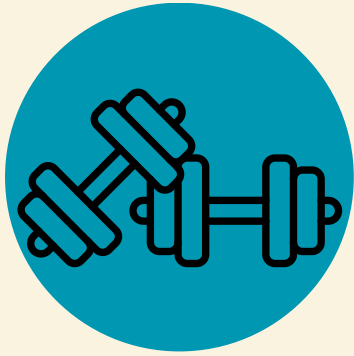
## Muscle Loss

After age 30, muscle mass decreases by 3 to 8% per decade.

After age 60, muscle strength declines by about 1.5% per year.

But fear not--there's plenty you can do to rev up your metabolism!

# Strength Training: Superpower vs. Aging



## **Builds Lean Muscle**

Muscle is the body's 'metabolic engine' – it burns calories even while you rest



## **Support Your Heart**

Strength exercises lower blood pressure, improve cardiovascular health, and protect bone density through weight bearing moves.

### **✦ Why it matters now:**

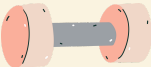
Midlife is when muscle and bone loss can speed up – but it's also when strength training makes the biggest difference.

It's never too late to start--no matter your age or fitness level!

# Sample Strength Routines

Beginner- friendly exercises  
to boost metabolism and build lean muscle



Lower Body 

- Squat  
2 sets of 10
- Lunge  
2 sets 8 per leg
- Glute Bridge  
2 sets of 12



 Upper Body

- Dumbbell Row  
2 sets of 10
- Bicep Curl  
2 sets of 10
- Tricep Dip  
2 sets of 8

Start with bodyweight or light weights.  
Focus on form over speed.

Ready to Progress? Let's build a personalized plan that fits your life--and keeps you moving forward!

# Walking + Low Impact Cardio

## = Hormone Harmony

Simple Movement with powerful returns

### Why It Works

- 🔥 Reduces hot flashes
- 😴 Improves Sleep Quality
- 🌈 Boosts mood + lowers anxiety
- 🏃♀️➡️ Supports weight loss + metabolism



### Mix It Up

- Yoga 🧘
- Swimming 🏊
- Cycling 🚲
- Dance 🕺

### Start Where You Are

Here's How to Get Started

- **Start with 10 minutes**
- **Build up to 30+ minutes daily**
- Use a step tracker if that motivates you
- Add hills or increase pace when ready

Movemen should feel good--not punishing. The best plan is the one you'll enjoy.

If your body feels like it's been in fight-or-flight mode for years...it's not your imagination. And it's 100% reversible--with the right kind of support.

# Cardio Plan In Action



## Your Weekly Hormone-Friendly Cardio Plan

Monday	Brisk Walk (30 minutes)
Wednesday	Gentle Yoga (20minutes)
Friday	Brisk Walk (30 minutes)
Saturday	Cycling (20 minutes)

Consistency matters--start small and work up to engaging in low-impact cardio 2-4 times per week for best results!

# Better Sleep & Less Stress

Support your joints and mind during menopause



## Set the Mood

- Keep your bedroom cool and dark
- Unplug to reduce blue light exposure
- Stick to a regular sleep schedule



## Relax Your Mind

- Gentle activities like yoga or tai chi calm the body
- Improve mobility
- Reduce anxiety.



## Stretch & Move

- Daily stretches keep you limber and mobile.
- Eases tense muscles to reduce stress.

Coach's Tip:

Glow Flow Peptides = 🔥 for fat loss, muscle and joint support.  
DM me for more information and recommendations.

# Menopause Weight Loss Routine

## Daily Stress Management Routine



### **Morning: Start With Calm**

Do 5-10 minutes of mindful meditation

Use a guide meditation app like **Calm** or **Headspace** if helpful.

### **Gratitude Journaling:**

Write down three things you're grateful for every day.  
Engage in a Calming Hobby



### **Midday: Active Stress Relief**

Schedule a walk or Low Impact Cardio (20-30 minutes to release endorphins)

### **Evening Wind Down**

Avoid screen time:  
Dim sleep disrupting electronics with blue light to reduce stress.

Managing stress and sleep during menopause takes effort, but it's key for physical and emotional balance.



# Rebirth Fitness

## You Don't Have to Do This Alone!

1

FREE Facebook Community

Glow 🌟 and Grow Collective

Join my free Facebook group for women navigating menopause, weight loss and challenges together!!

[Click Here](#)

2

Get on the \$67 Menopause Belly Fat Plan waitlist-- opening October 23

Designed to melt belly fat, boost energy, and balance hormones.

[Waitlist](#)

3

Book a Free Call

No pressure. Just 15 minutes to get clear support and see what's right for you. Even if it's not coaching, you'll walk away with a strategy.

[Book Your Free Call](#) ❤️

## Testimonials from StrongHer Clients



Cindy has been great, she's very knowledgeable and has been able to answer any questions I may have. i definitely recommend Rebirth Fitness.

-Hilary



Cindy is a wonderful personal trainer. She never gives up on you. Is always coming up with plans that fit your schedule, and lifestyle.

--Rose



I'm down 16.25 inches in just a month!

-Donna