



Menopause Fitness Reset

For More Energy & Strength After 40



by Demi Nasion

MIND OVER AGE

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INTRODUCTION

Fitness That Works *With* Your Hormones

You've likely been told that to get results, you just need to move more, push harder, or "stay consistent." But in midlife, that advice often backfires. Why? Because your hormones are changing, and that means the way your body responds to exercise is changing too.

In perimenopause and menopause, declines in estrogen, progesterone, and even testosterone can affect your energy, metabolism, muscle tone, sleep, and recovery time. What used to feel easy can now leave you depleted.

That's why this guide is different.

This is a fitness approach built with your hormones in mind—not against them. It's designed to help you:

- ✓ Regain lost strength without overexertion
- ✓ Boost energy using joint-friendly movement
- ✓ Improve sleep and reduce stress naturally
- ✓ Rebuild confidence in a body that's evolving

No extremes. No shame. Just smart, supportive movement that works with your body in this season of life.

Let's dive in!



Why Movement is Your Secret Hormone Tool

Menopause isn't just a hormonal shift—it's a full-body recalibration. And movement? It's one of the most powerful tools you have to support that change from the inside out.

Here's what intentional, low-impact fitness can do for your hormones:

1

BOOSTS METABOLISM

- by preserving lean muscle, which often declines as estrogen drops

2

IMPROVES INSULIN SENSITIVITY

- helping reduce belly fat and sugar cravings

3

REGULATES CORTISOL

- the stress hormone that can trigger weight gain, sleep issues, and anxiety

4

SUPPORTS ESTROGEN METABOLISM

- which can ease symptoms like hot flashes and mood swings

5

ENHANCES SEROTONIN AND DOPAMINE

- improving mood, motivation, and mental clarity

6

IMPROVES SLEEP QUALITY

- especially when paired with recovery and breathwork

7

STRENGTHENS BONES AND JOINTS

- reducing the risk of falls or osteoporosis

This isn't about weight loss or punishing your body—it's about healing, resilience, and support. The right kind of movement acts like medicine. And you only need a few simple, consistent steps to activate it.

Your 3-Part Hormone-Smart Fitness Framework

This isn't a one-size-fits-all workout plan. It's a simple, science-backed framework that supports your hormones and adapts to the way your body feels now.

Three core movement types that deliver the biggest impact during perimenopause, menopause, and beyond:

01

STRENGTH TRAINING

(2-3X/WEEK)

As estrogen drops, we lose muscle and bone density—slowing metabolism and strength. Strength training helps reverse this with even simple movements.

- Builds lean muscle
- Supports bone strength
- Increases metabolism
- Improves blood sugar balance
- Boosts confidence and posture

A consistent routine makes a lasting difference—no heavy lifting required.

02

LOW-IMPACT CARDIO

(2-3X/WEEK)

Midlife stress and hormonal shifts can make intense cardio too taxing. Low-impact movement keeps energy up without raising cortisol.

- Brisk walking or dancing
- Swimming or cycling
- Improves circulation
- Supports heart and lung health
- Elevates mood and endurance

Choose what feels good—movement should refresh, not exhaust.

03

MOBILITY + RECOVERY

(DAILY)

Menopause can increase inflammation, joint stiffness, and sleep trouble. Gentle daily movement resets your nervous system and reduces tension.

- Improves flexibility
- Supports posture and balance
- Eases stiffness and pain
- Enhances circulation
- Encourages deeper, restful sleep

Ten minutes a day can radically shift how your body feels.

A Week of Hormone-Smart Movement

You don't need a packed schedule to feel results. This sample week shows how you can blend strength, cardio, and recovery in a way that honors your energy and supports your hormones—*without* overwhelm or burnout.

DAY OF THE WEEK	FOCUS	WHY IT MATTERS
Monday	Upper Body Strength	Builds lean muscle, supports bone density
Tuesday	Walk + Stretch	Boosts mood, lowers cortisol, encourages flexibility
Wednesday	Lower Body Strength	Tones large muscle groups and increases metabolism
Thursday	Yoga or Mobility Flow	Calms the nervous system, reduces inflammation
Friday	Cardio (Your Choice)	Elevates heart rate, supports mental clarity
Saturday	Full Body Strength	Total-body tone and improved endurance
Sunday	Rest or Light Movement	Supports recovery, reduces stress, improves sleep

Reminder:

You can swap days, adjust timing, or skip workouts if needed.

This is just a starting point—a structure to help you stay consistent without pushing your body past its limits.

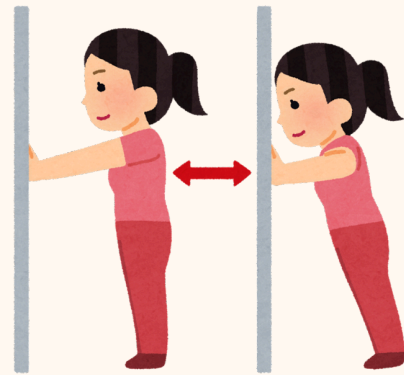
Strength Workouts You Can Do at Home

You don't need fancy equipment to build strength—just a little structure and consistency. These circuits are designed to help you maintain muscle, support your joints, and rebuild confidence. Modify as needed and move at your own pace.

Upper Body Circuit

Do each movement for 10–12 reps. Repeat the circuit 2–3 times with rest in between.

- Wall Push-Ups
- Banded or Dumbbell Rows
- Overhead Press (light weights or resistance band)



Lower Body Circuit

Same format: 10–12 reps per movement, repeat 2–3 times.

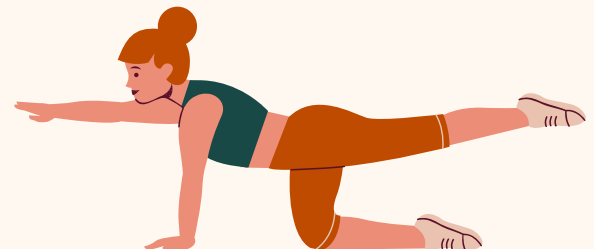
- Chair Squats
- Glute Bridges
- Standing Calf Raises



Optional Core Add-Ons

Add 1–2 core movements at the end of your strength day.

- Bird-Dogs
- Dead Bugs
- Side-Lying Leg Lifts



Low-Impact Cardio for Menopause

Cardio during menopause should boost energy—not drain it. These gentle options support heart health, circulation, and mood, without stressing your joints or hormones.

Try These Energizing Options:



BRISK WALKING

Supports circulation, joint health, and mood.

Bonus: fresh air and sunlight help reset your nervous system.



DANCING

Great for cardiovascular health and emotional release. Put on your favorite playlist and move freely.



SWIMMING

Low-impact and easy on joints while still building strength and stamina.



MINI TRAMPOLINE

Gently improves lymphatic flow and core stability. Start slow and bounce lightly.



CYCLING

Builds endurance while protecting knees and hips. Keep resistance light to avoid strain.

Reminder:

Cardio is most effective when it's enjoyable and sustainable. If it makes you feel good after, it's the right choice.

Stretch, Breathe, Restore

Recovery isn't optional—it's essential. Hormonal changes in midlife can increase inflammation, joint stiffness, and stress. Daily stretching and breathwork help reset your nervous system and support your body's ability to repair.

Try this calming mobility flow:

Do this in the morning to release tension, or in the evening to wind down.

- Neck Rolls: Slowly circle your head in both directions. Relieves built-up neck tension.
- Cat-Cow Stretch: Flow between arching and rounding your spine. Loosens the back and stimulates circulation.
- Seated Spinal Twist: Gently wring out the spine and stimulate digestion.
- Forward Fold: Let your upper body hang over your legs with soft knees. Relaxes the back & hamstrings.
- Legs Up the Wall: Lie down and rest your legs vertically against a wall. Promotes lymphatic drainage and reduces swelling.
- Deep Belly Breathing: Inhale slowly for 4 counts, exhale for 6. Calms the mind and lowers cortisol.



Daily mobility is a form of self-respect. Even 5–10 minutes can dramatically improve your sleep, stress, and sense of calm.

Tune In, Reflect, Reconnect

Fitness during menopause isn't just physical—it's emotional, mental, and deeply personal. These reflection prompts are designed to help you tune into your body, celebrate small wins, and shift from judgment to self-compassion.



What kind of movement felt the best in my body this week?



Where did I feel strong, grounded, or energized?



What helped me stay consistent—or what got in the way?



What did my body need more of this week—strength, rest, or release?



What's one small win I'm proud of?



How can I show my body kindness moving forward?



CONCLUSION

Strong Starts Here

Thank you for taking the time to explore movement in a way that honors your hormones, your energy, and your evolving body.

Menopause isn't the end of strength, vitality, or joy in your body. It's the beginning of a new relationship with yourself—one built on awareness, flexibility, and a deep respect for what your body truly needs.

This guide was created to help you move with intention, confidence, and compassion. Take what serves you. Adapt what doesn't. And most importantly, keep listening to the wisdom of your body!

Disclosure

This guide is intended for informational and educational purposes only and is not a substitute for medical advice, diagnosis, or treatment.

Always consult with a qualified healthcare provider before beginning any new fitness or wellness program, especially during or after menopause.



What Sets Me Apart

What sets my approach apart is that I'm not just a coach; I'm your guide on this journey because I've walked this path myself. I combine firsthand experience of navigating the fog with a holistic approach that connects the dots between our hormones, our nutrition, our environment, and—most crucially—our sleep. My focus is on simple, powerful strategies that quiet the frantic noise of midlife and help you reclaim your energy, one restful night at a time.

My Story and Approach

My journey began when a switch flipped overnight. My mind, once my ally, felt hijacked by brain fog, but the nights were even worse—a frustrating cycle of anxiety and sleeplessness. I refused to accept this as my new normal. My approach was born from a simple decision: to fight back, not with complicated rules, but with small, powerful, intentional steps that honor our bodies. I learned that reclaiming your days starts with reclaiming your nights, and this guide is one of the foundational pieces of that map.

Success Stories

You are not alone on this journey. Here is how other women in the Mind Over Age community have found their way back to restful sleep and clearer days:

“

My family was walking on eggshells around me. My temper was explosive, and I hated the person I was becoming. The 4x4 Calm Breath is now my emergency brake. I use it five or six times a day. That, plus my daily walk, has smoothed out all my sharp edges. My husband just hugged me and said, 'It's so good to have you back.' Thank you.

— *Davina Stewart, 54*
Melbourne, Australia

“

I used to think that exercise had to be punishing to be effective, and it always left me feeling depleted. This guide completely changed my perspective. I'm building strength and energy without the exhaustion. For the first time, movement feels like an act of self-care, not a chore.

— *Isabella Moore, 58*
Vancouver, Canada

Hello, I'm Demi

At 58, I've gained a deeper understanding of both my body and mind than ever before.

Thank you for trusting me with your time and your hope. Thank you for allowing me to share my story with you.

As I was writing this, I looked back at my old journals from those first few years. The pages are filled with so much confusion and despair. But then, slowly, the entries begin to change.



From my journal:

Woke up at 6 a.m. Not from a hot flash, but because the sun was rising. The silence in the house feels like peace now, not emptiness. I stood by the window with my glass of water. I felt... clear. Like my own mind was finally my friend again. I can feel myself coming home.

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Your Journey Continues...

✦✦ The Clarity Planner ✦✦
For the woman who wants to build a simple, consistent routine for daily clarity and focus.

The Clarity Planner is shown on multiple devices: a desktop monitor, a laptop, and a tablet. The desktop monitor displays a woman in a green top talking on a phone. The laptop shows a woman in a dark top reading a book. The tablet shows a woman in a pink top sitting on the floor. The product cover features a woman in a green top and the text 'THE CLARITY PLANNER: Your Daily Guide to Clarity'.

Discover Your Planner

✦✦ Sleep & Calm ✦✦
For the woman who wants to cultivate a peaceful night's sleep and a calmer state of mind.

Sleep & Calm is shown on multiple devices: a desktop monitor, a laptop, and a tablet. The desktop monitor displays a woman in a white top stretching in bed. The laptop shows a woman in a white top sleeping in bed. The tablet shows a woman in a white top sitting up in bed. The product cover features a woman in a white top and the text 'THE SLEEP & CALM PLANNER: Your Nightly Path to Peace'.

Discover Your Planner

The Clarity & Focus Planner: Your Daily Guide to Clarity

The Sleep & Calm Planner: Your Nightly Path to Peace

- Build a daily routine for mental focus.
- Track your symptoms to uncover hidden triggers.
- Regain your clarity and memory—naturally.

- Craft a sanctuary for deep, restorative sleep.
- Learn to soothe nighttime anxiety and racing thoughts.
- Wake up feeling rested and mentally clear.



[Discover Your Planner](#)

[Discover Your Planner](#)

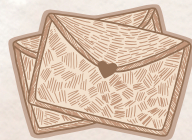




Thank You

Your Journey Starts Here!

I appreciate it and hope to serve
you again in the future.



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