

Fit Over 50:

How I Turned My
Meno-Belly into
Muscles....

[@fihughes_fitover50](#)



Age 51



Age 54

Hello and welcome!

I'm thrilled you've decided to join me on this journey of transformation. If you're here, it means you're ready to say goodbye to the 'meno-belly' and hello to a stronger, healthier you. And I'm here to help you every step of the way.

My name is Fiona, and I'm living proof that age is just a number. At 52, I transformed my body and my life, and now I want to share my secrets with you. I believe that everyone deserves to feel confident, strong, and vibrant, no matter their age.

Below are my top 6 life style changes that made all the difference!

Menopause doesn't have to be miserable!!

As a certified Jay Shetty Life & Success Coach and a Female Health & Performance Coach, I am equipped to help you overcome any negative beliefs that may be holding you back. My goal is to empower you with the tools you need to transform both your mind and body. Consider this: if you don't make changes now, where will you be in 1, 5, or even 10 years from now? Likely in the same place, or perhaps in a worse situation.

I am so focused on still being active and living independently when I'm older and not reliant on others for my care. This is what fuels my passion for health and wellness.

Let's work together to create your vision of a healthier, more empowered future.---

Are you overwhelmed with all the information out there?
It's hard to know what is best, who is telling the truth and how to actually start. Did you know 15% of people that buy a gym membership never end up even going!!!

So my mission is to help as many women as possible
'Just Start'

I've embraced the essence of simplicity with a twist on the classic acronym

KISS
Keep It Smart & Simple.

My coaching techniques embody this principle, offering smart, straightforward strategies that require your effort and commitment, but promise rewarding results.

Rest assured, there's no need for restrictive dieting or endless hours of cardio!

I'm committed to walking this journey with you, every step of the way.

Let's get started!!

1. Alcohol

For over three decades, I had a 'relationship' with alcohol. When I decided to stop, the positive impact on my mind and body was profound. From my brain to my digestive system, every aspect of my health improved. My menopause symptoms lessened, and my overall well-being soared.

The detrimental effects of alcohol on the body are well-documented. Here are a few menopause-related issues that can be exacerbated by alcohol consumption:

- * Hot Flashes and Night Sweats
- * Sleep Disturbances
- * Bone Health Concerns
- * Mood Fluctuations
- * Weight Gain
- * Increased Risk of Breast Cancer

By sharing my experience, I hope to inspire others to consider the role of alcohol in their health journey.

2.Sleep

You have to master your 'Evening Routine'

Achieving the recommended 7-9 hours of sleep can be a game-changer for your health. Once I revamped my evening habits, my sleep quality improved significantly. Eliminating alcohol was a major step, but there were other changes too. I found it helpful to work backwards. If I needed to wake up at 5am, I ensured I was asleep by 10pm at the latest. I maintain this routine even on weekends to avoid the dreaded 'Monday morning jet lag'.

Here's a glimpse into my evening routine:-

- Preparing dinner and meal prepping for the next day-
- Taking a relaxing shower-
- Switching off screens-
- Heading to bed and reading a book for 5-30 minutes

Remember to keep your room cool and as dark as possible for optimal sleep conditions.

By mastering your evening routine, you can set the stage for a restful night and a productive day ahead.---

3.Nutrition

There's so much to cover here but if I had to give you the 3 most important things to do that will have the most impact on your health immediately:

- 1.Increase Protein
- 2.Increase Fibre
- 3.Decrease processed food

There's no denying that 'Meno-belly' is a real thing, largely due to hormonal changes, particularly in estrogen levels. Our bodies are incredibly adaptive machines. When the ovaries cease estrogen production, the body turns to its secondary source: fat cells, which can produce estrogen. This cycle can lead to an increase in fat cells and contribute to middle-age spread.....But don't despair!

By understanding your body's nutritional needs, portion sizes, and which foods work best for you, you can manage this change. And remember, your body needs a balanced diet that includes Protein, Carbs, and Fat.

I can help you navigate menopause without having to do any restrictive eating. This is a lifestyle not a diet!!

4. Strength Training

"But I don't want to get 'bulky'."

How often have we heard or said this?

The truth is, building muscle takes time and becomes more challenging as we age. So, the fear of becoming 'bulky' is largely unfounded.

What's more, there's not a single downside to strength training. Current research underscores its importance for longevity and overall health. Here are some of the key benefits of incorporating strength training into your routine:

1. Improved Bone Health: Strength training can help prevent osteoporosis.
2. Increased Muscle Mass: This leads to better physical health.
3. Boosted Metabolic Rate: Strength training can help increase your metabolism.
4. Enhanced Mood and Mental Health: Regular exercise, including strength training, can improve your mood and mental health.
5. Prevention of Chronic Diseases: Regular strength training can help prevent various chronic diseases.
6. Improved Sleep: Regular exercise can help improve your sleep quality.
7. Increased Energy Levels: Regular strength training can boost your energy levels.

5.Movement (NEAT)

NEAT, or Non-Exercise Activity Thermogenesis, refers to the energy expended for everything we do that is not sleeping, eating, or structured exercise. It's an essential component of our daily energy expenditure, and I encourage you to maximize it as much as possible.

Consider this: if you exercise for 1 hour a day and sleep for 7 hours, you still have 16 hours left. How active are you during these hours? Many of us spend the majority of this time sitting - in the car, at work, in front of the TV. That's potentially 16 hours of missed opportunity for NEAT!

So, how can you increase your NEAT? It's simpler than you might think. Take the stairs instead of the elevator. Park a little further from the store entrance. Go for a walk with your dog or kids. Every bit of activity counts towards your overall health and well-being.

Also be mindful of any High Intensity cardio you do. Although it is good for your heart health it can cause a great deal of extra stress to the menopausal body and may just be working against you in your fat loss journey.

I personally only strength train, walk and ride a bike!

My big tip *walk for 10 minutes after every meal. It not only helps with digestion but it increases your NEAT

6. Self Care

A Priority, Not a Luxury

For many of us women, self-care often takes a backseat. We're so accustomed to caring for others - children, pets, partners, parents, neighbours - that we forget to care for ourselves.

I've been there, and I know it can be a challenge to shift the focus back to our own needs. But remember the wisdom of the aviation industry: always secure your own oxygen mask before assisting others.

So, what does self-care look like?

It's anything that brings you joy and rejuvenation.

Here are a few of my personal favourites:

- * **Indulging in a relaxing massage**
- * **Practicing meditation and breath work**
- * **Losing myself in a good book**
- * **Taking peaceful walks in nature**
- * **A nice hot bath with essential oils**

I encourage you to explore what self-care means to you. Try something new, or revisit an activity you used to love.

Remember, self-care isn't selfish

- it's essential-

Fact Check:

The importance of my 6 tips lies in understanding the changes our bodies undergo with age and during the various stages of menopause:

1. **Muscle Mass Decrease:** Our muscle mass decreases by 3-8% per decade starting at age 30.
2. **Sarcopenia:** This is the loss of muscle mass, strength, and function. It accelerates dramatically the more inactive you are.
3. **Cortisol Increase:** Cortisol, also known as the stress hormone, increases.
4. **Metabolism Slowdown:** Our metabolism slows down.
5. **Estrogen Decrease:** Estrogen levels decrease, leading to an increase in fat cells.

By understanding these changes, we can better manage our health and wellness during this significant phase of life.

Ready to Embark on a Healthier Journey?

Embarking on a journey towards a healthier you can be challenging, but you don't have to do it alone. With the right guidance and an accountability partner, you can take those crucial first steps with confidence.

Book your FREE discovery call with me today.



Fiona Hughes.