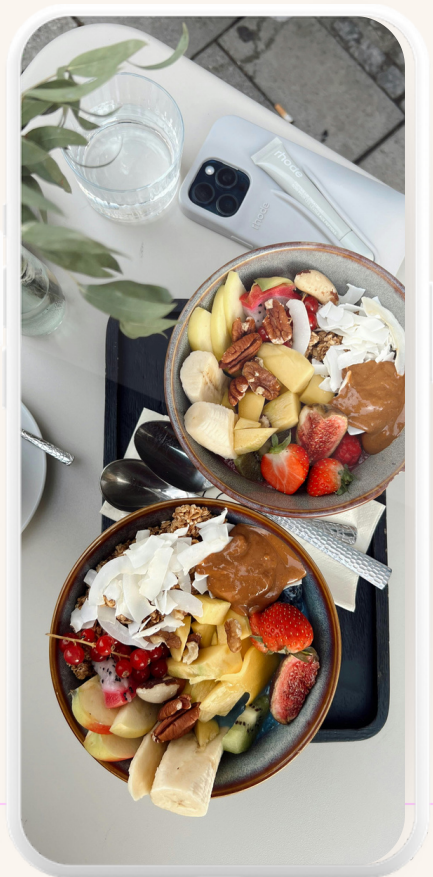
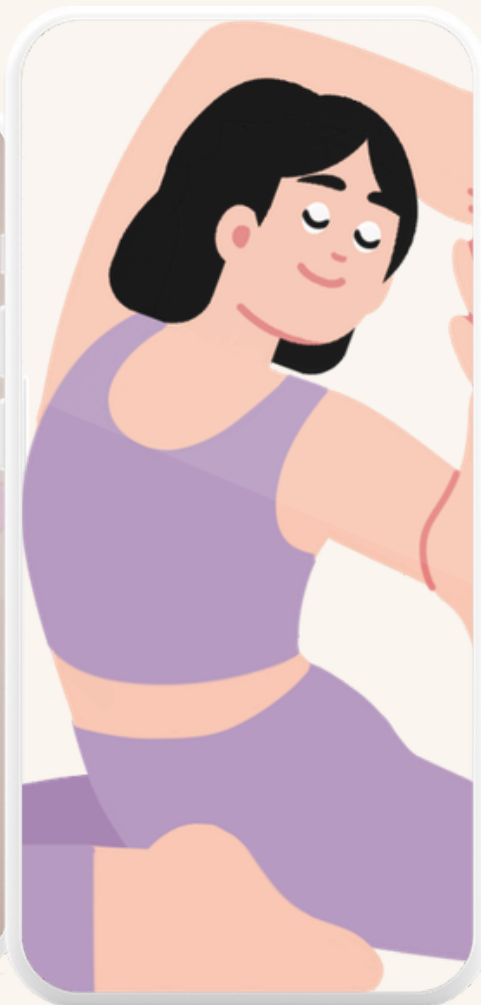




7-DAY FITNESS OVER 40 STARTER GUIDE

Yoga.Hormone-Friendly Eating.Sustainable Trends





Welcome!

Nice to meet you!

Hi, I'm Dimple — a women-centred yoga teacher and Master Usui Reiki practitioner. Alongside my full-time career as a Project manager, I've built Natural Soul Healing, a modern wellness space where I support women in reconnecting with their bodies, energy, and inner calm through yoga and Reiki.

I'm a certified yoga teacher and Master Usui Reiki practitioner, and specialise in helping women create balance, release stress, and cultivate soulful wellbeing — no matter how busy their lives may be. What began as my personal healing journey has grown into a heart-led business where I offer online yoga classes, in person Reiki treatments, and distance Reiki sessions to women across the world.

When I'm not guiding sessions or working in the corporate world, you'll usually find me grounding in nature, exploring new wellness practices, or spending time with the people I love. My work is a blend of structure and soul — combining my analytical background with my passion for healing to create a supportive, accessible, and deeply nurturing space for women.

xo, Dimple D.



Table of Contents

1. Fitness over 40

2. Why Fitness Over 40 is Different

3. Your 7-Day Simple Starter Plan

4. BONUS: Over 40 Nutrition Cheat Sheet



FITNESS OVER 40

Your 7-Day Reset for Energy, Strength & Hormone Balance

★ If you're over 40 and feeling

- Slower metabolism
- Stubborn belly fat
- Low energy
- Poor sleep
- Achy joints



This simple 7-day plan is designed for women in perimenopause and beyond who want sustainable results — without extreme workouts or dieting.

This plan blends:

- Gentle strength-based yoga
- Hormone-supportive eating
- 2026 wellness trends that actually work

WHY FITNESS OVER 40 IS DIFFERENT

★ After 40, your body shifts due to hormonal changes. Lower estrogen and progesterone impact:

- Muscle mass
- Bone density
- Insulin sensitivity
- Recovery time
- Stress tolerance

So we focus on:

- Strength + mobility
- Nervous system regulation
- Protein-forward nutrition
- Blood sugar balance



2026 FITNESS & WELLNESS TRENDS INCLUDED

Cortisol-aware workouts (no burnout cardio)

Zone 2 walking

Protein prioritisation

Cycle & hormone syncing

Gut-supportive whole foods

Nervous system reset practices

YOUR 7-DAY SIMPLE STARTER PLAN

DAY 1 – Strength Yoga Flow

Workout (25 min):

- Sun Salutation A x5
- Chair pose hold (3 x 30 sec)
- Plank (3 x 30 sec)
- Low lunges
- Glute bridges

Food Focus

Protein-rich breakfast
(Greek yogurt + seeds
+ berries)

Food Focus:

Add 30g protein to lunch
(salmon, tofu, chicken,
lentils)

DAY 2 – Zone 2 Cardio +Core Workout:

30 min brisk walk (you
can talk but not sing)

Core:

- Dead bugs
- Side plank
- Bird dog



**DAY 3 – Mobility +
Nervous System Reset
Yoga:**

- Cat-Cow
- Hip openers
- Supported forward fold
- Legs up the wall

Breathwork: 4-7-8
breathing x5 rounds

Food Focus

Gut-friendly meals
(kimchi, sauerkraut,
kefir)

Food Focus

Balanced plate:
½ veggies
¼ protein
¼ smart carbs

**DAY 4 – Lower Body
Strength Yoga**

- Warrior II holds
- Goddess squats
- Step-back lunges
- Bridge pulses
- Wall sit



DAY 5 – Recovery Walk + Stretch

20–30 min easy walk
Long stretching session

Food Focus

Add omega-3 (chia seeds, salmon, walnuts)

Food Focus

Protein before bed
(cottage cheese, protein smoothie)

DAY 6 – Full Body Yoga Sculpt

Flow + strength:

- Plank to downward dog
- Tricep dips
- Squats
- Pushups (modified ok)
- Core finisher



DAY 7 – Reset + Reflect Gentle Yin Yoga

Journaling prompts:

- How is my energy?
- How is my sleep?
- What feels stronger?

Meal prep for Week 2

- Roast veggies
- Cook protein
- Prep breakfast jars

RESULTS YOU MAY NOTICE

Better sleep
Less bloating
Improved energy
Stronger core
Reduced cravings
Consistency > intensity.

DAILY FOUNDATIONS (Every Day)

- 20–30 min movement
- 90g+ protein target
(adjust as needed)
- 2L water
- 10 min outdoor walk
- 5 min breathwork
before bed

BONUS:OVER 40 NUTRITION

Cheat Sheet



Aim for:

- 30g protein per meal
- Fibre 25–30g daily
- Anti-inflammatory foods
- Limit refined sugar
- Eat within an hour of waking



Avoid:

- Fasted high-intensity cardio
- Under-eating
- Skipping strength work

04



Thank you!

Ready to feel strong, energised and confident over 40?

Download this guide and commit to 7 days.

Your future self will thank you.

Register to my Free Yoga Class link below:



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NATURAL SOUL HEALING
Yoga & Reiki for Holistic Wellness

Disclaimer: This information do not constitute medical advice, diagnosis, or treatment. The information provided should never be used as a substitute for professional medical consultation, diagnosis, or treatment. Always consult with a qualified healthcare professional if you have a medical condition or health concern.