



# THE MENOPAUSE LIFESTYLE PROJECT

*5 Strategies For Your Mind & Body To Boost Your Menopause Health*

Eat Train Love

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**Imagine, for a moment, that you could navigate your way through your menopausal years, with greatly reduced symptoms, a healthier body and mind, more fulfilling relationships with yourself and others and glowing with energy and self confidence.**

**Tell me...what would you be looking for?**

**Would you like to know what works best for you, and what doesn't when it comes to nutrition?**

**Understanding what is the best exercise and how to execute it correctly? How to better manage your stress? How to better manage your emotions when you want to kill everyone in sight?! How to lose the 'menopause belly' without feeling deprived or you have to go on ANOTHER diet?!**

**Would having the answers to some of these questions give you a lot more clarity and confidence? Would it improve your overall experience during your menopause?**

**You bet it would!**

**And you're about to get a sneak peek...**



**Hi, I'm Sally Bolton,**

**I help professional women in their menopause years to build their confidence, strengthen their bodies and minds, improve their health and reduce body fat – so you can live and long, happy and fulfilled life.**

**This guide provides you with some of the specific strategies that will give you back your mojo and take control of your life.**

**THESE ARE 5 WAYS TO ENSURE YOUR HEALTH AND WELLBEING IS AT ITS' OPTIMUM SO YOU CAN STOP FEELING LIKE YOUR LIFE IS OVER, AND START LIVING YOUR BEST YEARS!**

**When you know what action to take, you start to see results, and when you get results, you gain confidence. It doesn't mean you won't still encounter any symptoms, but it can have a significant impact on your overall experience, leading to a happier, healthier life.**

*Sally*

# Happy Clients Says:



*Bev Abdulla said....*

*I started with Sally well into my menopause. She really understands the challenges that come with it, which helped me so much as I was struggling with the changes I was experiencing. Sally was very patient and understanding but still pushed me out of my comfort zone.*



*Cherry Booth said....*

*Since working with Sally I've got ME back! She supports and motivates, but is realistic and understanding of my stressful daily life and energy levels. It's hard work and can be challenging at times, but most importantly you get results!*





# Happy Clients Says:



*Jo Bibby said....*

*I've been with Sally for over 3 years now, and wouldn't be with anyone else. Don't get me wrong the work we do isn't always easy, but nothing worth getting usually is right! But what you do get is results, a giggle and a friendly word when it's needed.*



*Ann-Marie Atkins said....*

*You can't put a price on your health and wellbeing and working with Sally has been invaluable. She really understands how a woman's' body works, when going through the menopause. I had got into really bad habits during lockdown and didn't feel good about myself. 6 months on and I feel like a new person!*





# 1 IF NUTRITION IS KING, SLEEP IS GOD

**IF YOU DON'T GET GOOD SLEEP, EVERYTHING ELSE IS GOING TO SUFFER.**

Most professional women are running two jobs - work and family life. You're working tirelessly for your own business or for someone else during the day, then you come home and do it all again in the evening.

The problem with this is it often leads to a lack of evening routine. Working late on a screen? Winding down with a glass of wine? Eating a big meal later in the evening? Watching a film until late?

Poor quality sleep, lack of evening routine, inconsistent times going to bed and waking up will 100% play havoc with your hormones.

Priority #1 start working towards 7-9 hours of quality sleep every night, give your hormones a chance!

## 2 NURTURE YOUR BODY



The issue I see with food for a lot of menopausal women is they've tried every diet going over the years.

Diet...lose weight...put weight back on...diet again....lose weight...put more weight back...and the pattern continues until you feel like nothing will ever work, so you have a f\*\*\* it moment and throw the towel in.

### EVERYTHING CHANGES

You can't just 'go on a diet' and expect everything to go away (FYI...diets don't work, see above).

During the menopausal years, oestrogen and progesterone start to decline which, in terms of food, makes your body more carb sensitive. Which means how and what you ate in your 20's and 30's are no longer going to be optimum for your health.

It's time to stop and listen to your body. It's time to be your own food investigator.

Things you won't be doing...starving yourself, weighing out every gram of food, feeling like you can't have X, worrying about what to eat when you go out for dinner.

Things you will be doing...feeling satiated after every meal, feeling less bloated, enjoying more energy throughout the day, reducing the amount of cravings you may have, enjoying your favourite tippie or indulgent cake.



# 3 MOVEMENT IS MEDICINE

## LET YOUR BODY WORK FOR YOU

During the menopausal years it's inevitable that your hormones will decline and you'll see changes to your body. But, and it's a big BUT (not butt!) you can absolutely still look and feel amazing by exercising smart and working with your body rather than against it.

## EXERCISE INTERVENTIONS ARE BECOMING ONE OF THE GO-TO ALTERNATIVE TREATMENTS TO HRT

It's time to re-think how you exercise. You may be used to endless hours of cardio in the gym, pounding away on the streets, or sweating your boobs off in your favourite HIIT class. But this is no longer for you.

Instead you're going to focus on strengthening your bones and muscles. Build lean muscle tissue to control weight gain, improve your mood, energy, metabolism, sleep and even boost your sex drive.

Welcome to your new exercise prescription - resistance training and walking!



# 4 TAKING CHARGE

The list is pretty comprehensive but some of the psychological symptoms which can often occur during the menopause are;

- Low mood
- Anxiety
- Imposter Syndrome
- Crying spells
- Loss of confidence
- Loss of interest in most things including sex!
- Feeling unhappy or depressed

Do any of the above sound familiar?

## THE MIND IS A POWERFUL THING

Add in a whole bunch of hormones running riot, charging up and down, taking over your mind and body it can feel like a battlefield. Right?

If I told you, you are not your thoughts would that help? Probably not in the moment I'm guessing. But there are plenty of tools and strategies to help you overcome and soften those thoughts, it's just a matter of finding what works for you.

Final note, you are not alone and you are not going crazy!





# 5

## DEAR STRESS, LET'S BREAK UP

You really want to focus on your health more but you're flat out, running a business, running your family life, being a good friend, looking after your elderly parents - and it's all-consuming

### KEEP YOUR CORTISOL IN CHECK

As part of managing your symptoms it's necessary to look at your day to day life and how you react to the hassles and pressures of work and home. If you're stressed your hormones will never be regulated.

### CREATE SOME BALANCE

My client Emma was going through an extremely stressful period at work and was experiencing bloating, weight gain and major food cravings. We added some breath work and meditation into her day, as well as supplementing with vitamins C and D, to help her manage the impact it was having on her body. Within a matter of weeks her symptoms started to subside and her weight began to move in the right direction.

When you're ready, the final page of this guide explains how I can help you to be happy and healthy in body and mind, during your menopausal years.



## WHEN YOU'RE READY

- 1** Join my free Menopause Lifestyle Project group and connect with women who are all going through the menopause

<https://www.facebook.com/groups/menopauselifestyleproject>

It's a Facebook community where women at all stages of their menopause share their stories, embrace their wins and learn how to look after their health and wellbeing.

- 2** Need some help fast? Email me at [hello@eatrainlove.co.uk](mailto:hello@eatrainlove.co.uk) about where you're at and where you want to be.

Together we can look at what the next steps are to start to make you feel like YOU again.

I'm excited to help you make the changes,

Let's make it happen.

*Sally x*