

## 7 Day Workout Plan for Menopause:

Join me for a week's worth of positive movement to see how moving your body can help reduce your symptoms and make you feel amazing.

Please share with anyone who needs this!



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<u>30 Min Get Fit Through Menopause</u>	<u>8 Min Active Recovery</u>	<u>Tone Your Abs &amp; Core Workout</u>	<u>10 Min Lean &amp; Strong Arms - No Weights</u>	<u>5 Minute Mindful Flow</u>	<u>Strength &amp; Cardio For Menopause</u>	<u>2 Min Posture Stretches</u> <u>3 Min Neck Tension Release</u>

### Bonus Sessions:

#### Menopause: What You Need to Know About Sleep, Stress & Exercise

Join me as I answer 4 questions from the Strength & Bloom community about stress, sleep & exercise all when you're going through the menopause. This is a must watch for women over 40 so that you can educate yourself about the impacts of stress as you enter perimenopause. Know the signs to look out for and what to do if you are feeling overwhelmed and stressed.

Exercising through the perimenopause and menopause is really important to build and maintain fitness for your physical and mental wellbeing but sometimes it's really hard to get motivated or find the energy to do it. I share some tips and reasons why this is the case to help you understand that it's not just you!

#### Positive Affirmations for Overwhelm

Find your calm, ground and centre yourself with this short series of positive affirmations.

Follow along with me as I guide you through just 3 minutes of positive affirmations designed to help you reframe negative thoughts, calm you and help you to be ready to tackle anything.

CLICK THE SESSION TO  
ACCESS THE WORKOUT