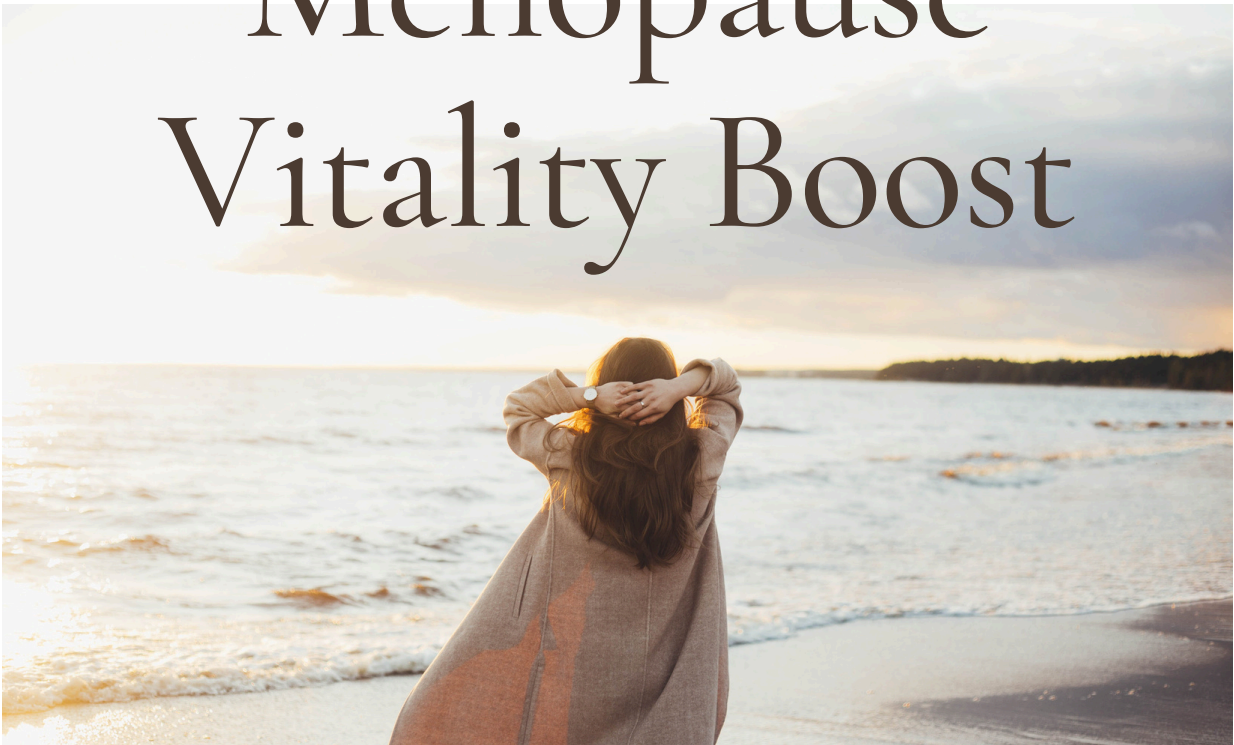


7 DAY

Menopause Vitality Boost



*A simple guide to boosting your strength,
balance, and energy during menopause—
helping you feel empowered and better
equipped to navigate this stage of life*

BY SARAH WÄSSER



Welcome to your 7 day menopause vitality boost

Menopause can throw your body out of kilter, but small daily actions can help you regain control and vitality. Over the next 7 days, you'll experience simple movements, breathing techniques, nutritional tweaks, and self-care tips designed to help you feel stronger and more energised.

Here's what's in store:

- Daily movement to improve strength and mood
- Quick, calming exercises to ease stress
- Nutritional strategies to support hormonal balance
- Mindset shifts to boost your confidence

Let's dive in!

66 *Energy isn't something you find—it's something you create. Small, intentional actions each day can light the spark that fuels your body and mind*

About Me



Hi, I'm Sarah, a 48-year-old mum, certified Personal Trainer, Pilates instructor, and Menopause Movement specialist. With years of experience working with women through all stages of life, I've witnessed firsthand the challenges and triumphs that come with each phase, especially those that come with a hormonal rollercoaster. I understand how these hormonal shifts can impact not just your body, but your confidence, energy, and overall well-being.

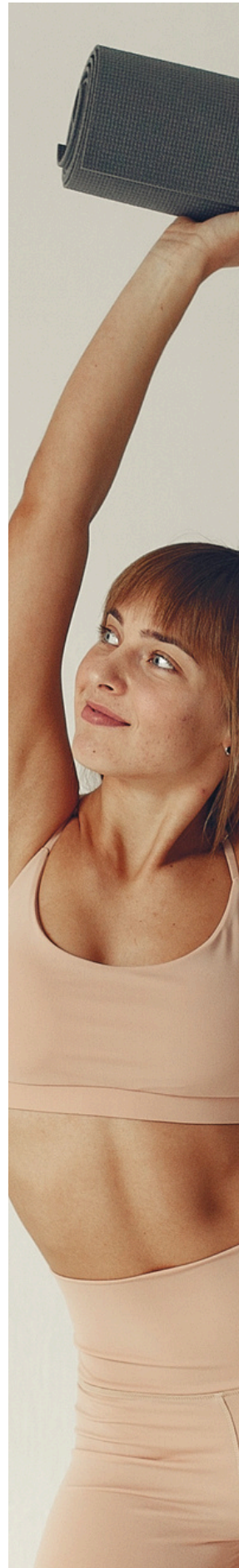
Running my own business means I also know the realities of juggling stress, health, and family life. It's not easy, but with the right tools and support, it's absolutely possible to feel empowered and regain control. I'm passionate about helping women build strength—both physically and mentally—so they can thrive during this transition and beyond. I'm here to guide you through simple yet effective strategies to boost your vitality, because I've been there, and I've seen the difference it can make.

Sarah



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01

Move your body 10 minute workout

Why this matters

From age 30 onwards, we start to lose muscle mass and bone density—a process that speeds up during menopause due to lower estrogen levels. While we can't completely reverse this, regular strength training can significantly slow down muscle and bone loss. It helps keep you strong, supports your metabolism, and improves your overall energy and mood.

Workout

- Bodyweight Squats – 10 reps
- Push-ups (against a surface, on knees or full) – 10 reps
- Reverse Lunges – 10 reps each side
- Plank Hold – 20-60 seconds

Bonus Tip: do this circuit 2-3 times if you feel up for it! Even a short workout releases endorphins, boosting your mood and helping ease those pesky menopausal mood swings.

Interesting Fact

Strength training increases bone density and research shows that women who lift weights regularly can reduce their risk of osteoporosis by up to 20%!



02

Stress Less, Feel more 5 minute breathing exercise

Why this matters

Stress wreaks havoc on your hormones, particularly cortisol (the stress hormone). When cortisol is high, it can cause lifestyle changes that lead to weight gain, irritability, and fatigue. Breathing exercises help lower cortisol, easing stress and helping you feel more balanced.

Bonus fact

Did you know that slow breathing can lower cortisol by up to 20%? So next time you feel frazzled, just breathe—it's scientifically proven to calm your nervous system.

Fun anecdote

Ever had one of those days where you want to throw your coffee at someone? Yeah, we've all been there. Instead, try throwing a few deep breaths at them—they'll never see it coming, and you'll feel better instantly!



4-4-6 breathing technique

1 Inhale for 4 counts

2 Hold for 4 counts

3 Exhale for 6 counts

Repeat for 5 minutes

03

Sleep sweet Create a bedtime routine



Why this matters

During menopause, sleep disturbances are common due to hormone fluctuations. In fact, up to 61% of menopausal women report trouble sleeping! But better sleep is possible with the right routine, which helps regulate your circadian rhythm.

Bedtime routine

- Turn off screens 30 minutes before bed. The blue light can mess with your melatonin, making it harder to fall asleep.
- Add lavender oil to your pillow or sip on chamomile tea—both have calming effects.
- Try progressive muscle relaxation: tense and release each muscle group to help your body unwind before sleep.

Bonus Tip: consider cutting back on caffeine in the afternoon. It's really not your friend after 3 PM!

04

Energise your plate Hormone balancing breakfast

Why this matters

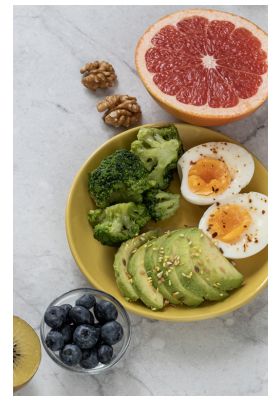
The foods you eat have a direct impact on your hormone levels, energy, and mood. A breakfast rich in protein, healthy fats, and fibre helps stabilise blood sugar, avoiding the dreaded energy dips that often come with menopause.



Super simple breakfast Idea: Greek Yogurt Bowl

- Greek yogurt
- Chia seeds (rich in omega-3s and fibre)
- Fresh berries (antioxidants, anyone?)
- A drizzle of honey

Bonus tip: add a handful of almonds for an extra boost of healthy fats to keep you feeling fuller longer.



Fun Fact:

Studies show that high-protein breakfasts can reduce cravings by up to 60%! So, if you're tired of reaching for that mid-morning muffin, a protein-packed breakfast might be your best friend.



05

Strength for stability 15 minute workout

Why this matters

Strength training isn't just for bodybuilders. It's crucial during menopause to maintain bone density, muscle mass, and overall balance. Plus, stronger muscles can improve your posture and reduce joint pain.

Workout

- Glute Bridges – 20 reps
- Wall Sit – 1 minute
- Bird Dogs – 10 each side
- Standing Side Leg Lifts – 20 reps each side

Bonus Tip: complete 2 to 3 rounds and add weights or a resistance band to challenge yourself further.

Fun fact

Women can lose up to 5% of their muscle mass every decade after 30. But strength training can help with this loss, keeping you strong and capable well into your 50s and beyond! Hence why it's too important to miss out!

06

Mindset shift Journaling

Why this matters

Your mindset can shape your entire experience of menopause. A positive mindset has been shown to improve resilience and even lower the perception of menopausal symptoms. Journaling is a powerful tool for processing emotions and celebrating your wins.

Journaling prompts

- What three things have you accomplished this week?
- How do you feel about these wins?
- What's one thing you can do next week to keep the momentum going?

Bonus Tip: sharing your wins (no matter the size) with someone can amplify the feel-good factor. Whether it's a friend, partner, or community, it's important to feel supported.

Remember: surviving another Monday counts as a win! ;-)



07

Nourish your hormones Self-care time

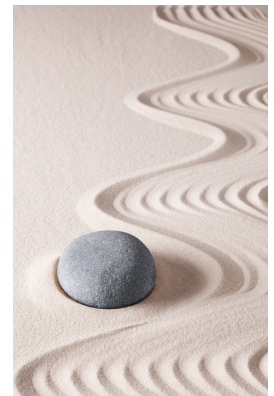
Why this matters

Self-care during menopause is non-negotiable. When you carve out time to relax, you help lower stress hormones and boost feel-good chemicals like serotonin and dopamine.



Self-care ideas

- Gentle Yoga or Pilates: Follow a beginner's yoga flow on YouTube, like Yoga with Adriene or check out my [relaxing Pilates workouts](#) there too.
- Take a bath with Epsom salts (which also restore magnesium, often depleted in menopause).
- Meditate for 5-10 minutes, focusing on positive affirmations like, "I am strong, I am capable."



Bonus Tip: mark this self-care time as non-negotiable. Even just 30 minutes of "me time" each week can make a world of difference.

Fun fact: Self-care is more than just a luxury—it's scientifically proven to improve mental clarity and focus. Research shows that regular self-care activities can boost cognitive function by up to 15%, helping you feel sharper and more in control.

Additional Resources



Mindset

[10 simple ways to feel great each day](#) -
book by Rangan Chaterjee

Nutrition

[The Glucose Goddess](#) is great for some no-BS science-backed nutrition advice

Stress management

There are loads of apps that have meditation-type offerings, such as [Calm](#), [Headspace](#) and [Balance](#)

Menopause advice

[Womens Health Concern](#) has loads of practical information

.....Next Steps

Congratulations! You've completed the 7-Day Menopause Vitality Boost, and you're on your way to feeling more energised, balanced, and in control.

But this is just the beginning. In my **UpLift Collective** you'll have access to a multitude of workout videos, nutrition guidance, recipes, stress management tools, accountability and a support system of other rockstar women going through similar challenges—all for just £28/month.



Join today and receive an exclusive BONUS guide: **The Metabolic Jumpstart Guide**. Packed full of useful information, workouts and recipes.

[SIGN UP NOW](#)

“Sarah is by far one of the most reliable, professional, kind, high-spirited, and motivating people I have ever worked with. I have been training with Sarah since the beginning of April this year and already feel stronger and more confident about myself.”



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