MENOPAUSE

FEEL FAB again

28 DAY CHALLENGE

by Your Qualified Trainer Lucy Wyndham-Read

I have been there and got the t-shirt.

So this is not a trainer who has no idea what it feels like to go through menopause, as I do!!

I personally think it is so important as I can relate to the challenges we go through and I am going to share all the workouts and tips I have used to settle into the menopause.

I do appreciate we are all different, but this free plan will definitely help reduce many of the typical menopause symptoms.

WHAT IS THE MENOPAUSE?

Menopause is a natural biological process that marks the end of a woman's menstrual cycles and reproductive years. It typically occurs between the ages of 45 and 55 but can happen earlier or later. Menopause is officially diagnosed when a woman has gone 12 consecutive months without a menstrual period.

HERE ARE THE KEY PHASES AND ASPECTS OF MENOPAUSE:

Perimenopause: This is the transition phase leading up to menopause. It can last several years, during which hormone levels (especially oestrogen and progesterone) fluctuate. Symptoms like irregular periods, hot flushes, and mood changes often begin during this phase.

Menopause: This is the point when a woman has gone one year without a menstrual period. At this stage, the ovaries have stopped releasing eggs, and the production of hormones like oestrogen and progesterone decreases significantly.

Postmenopausal: This is the phase after menopause has been confirmed. Symptoms like hot flushes can continue, but they typically decrease in severity. However, the lower hormone levels can increase the risk of health issues like osteoporosis and heart disease.

BENEFITS WE CAN GET FROM EXERCISING

Reduces hot flushes and night sweats

Supports bone health

Improves mood and mental health

Promotes healthy weight

Supports heart health

Enhances sleep quality

Improves flexibility and joint health

Boosts energy levels

Enhances cognitive function

Beneficial exercises for addressing various menopausal symptoms include:

- Cardio workouts
- Bodyweight exercises (strength training)
- Flexibility exercises
- Mobility exercises
- Balance exercises

All of these will be incorporated into this 28-day challenge.

FAQS

QUESTION: Is it necessary for me to begin weightlifting to enhance muscle growth and improve my bone health?

ANSWER: No, you don't need to start lifting weights because bodyweight exercises is as effective as weightlifting as both are valuable for resistance and strength training. Remember, bodyweight serves as resistance too, so lifting weights is not necessary.

Furthermore, using your own body weight can offer a safer and potentially more effective workout. It is often viewed as a healthier option for long-term well-being.

QUESTION: Do I need to start taking protein powders as now I am in the menopause?

Answer: No, save your money and instead of having ultra-processed protein powders, just stick with real protein. Far healthier, far cheaper and much better for you. As I always say, would your doctor ever prescribe a protein powder? The answer would be NO, so when you see online people offering it with a discount code, just question, would your doctor recommend it? Be smart and remember we have all we need with a healthy diet.

QUESTION: Will the plank exercise help me get rid of the meno belly?

ANSWER: No, no, no - forget the plank. If you want to reduce the "meno belly," it is a combo of cardio abs. We need to work on increasing your metabolism so we are burning calories, helping to reduce overall body fat, then at the same time use moves that help to sculpt and shape your waist. The plank won't do this, so instead, it is about being upright and doing standing cardio abs. The other area to focus on here is healthy eating.

QUESTION: Is walking better than running to help reduce menopause symptoms?

ANSWER: Great question and I would say they are both brilliant exercises and the key is to do the one you enjoy the most. They are both bodyweight exercises. For me personally, walking is my favourite and never underestimate how effective walking is for your health. It is also a great exercise to help manage your weight, which equally running does. If you like both, then mix them up.

UNDERSTANDING THE BENEFITS OF BODYWEIGHT EXERCISES FOR MENOPAUSE

MUSCULAR HEALTH

Bodyweight exercises help to keep your muscle tissue active and therefore help increase your muscle mass. Examples of exercises are press-ups, squats and lunges. Standing multiple compound moves involve resistance that challenges the muscles. In both cases, the muscles contract against resistance, which helps build strength, endurance and muscle mass.

Lower risk of injury with bodyweight exercises; the resistance is naturally limited to your own body mass, which reduces the risk of overloading the muscles or joints. Weightlifting can sometimes lead to injuries if too much weight is used or if your technique is not correct, especially in beginners or without proper supervision.

BONE HEALTH

Bodyweight exercises such as walking, running, multiple compound standing moves and press-ups all help to stimulate bone remodelling. The stress placed on bones during bodyweight exercises causes micro-damage to bone tissue, which then triggers a process called bone remodelling. In this process, bone cells called osteoblasts build new bone tissue to repair the micro-damage, resulting in stronger and denser bones. The body naturally adapts to the stress, making bones more resistant to future stressors.

Joint-friendly bodyweight exercises are often easier on the joints, especially when compared to lifting heavy weights. Movements like bodyweight squats or press-ups are more natural and functional, putting less strain on the joints than weightlifting can, especially for individuals with joint issues or limited mobility.

METABOLIC HEALTH

Bodyweight exercises improve metabolic health as they boost metabolism by increasing muscle mass, which burns more calories at rest. So when you are using your own body weight, your muscles work harder, increasing energy expenditure and aiding in fat loss.

It is easier to have a fuller range of motion using bodyweight exercises and allows you to have better control over your movements and form. This means you can increase the intensity by making moves more dynamic and therefore engage more muscles, even the smaller stabilizers, which will help overall health and also increase your calorie burn.

CARDIOVASCULAR HEALTH

Bodyweight exercises benefit heart health by improving cardiovascular function, circulation and overall fitness. They offer an accessible, effective way to keep the heart strong without the need for equipment. They increases cardiovascular endurance because many bodyweight exercises involve large muscle groups and continuous movement, which elevates the heart rate, promoting cardiovascular endurance. Exercises like skaters lunges, walking, straight leg kicks & star jumps get the heart pumping, improving its ability to deliver oxygen-rich blood to the muscles and organs over time. This enhances your heart's efficiency and endurance, reducing the risk of heart disease.

Bodyweight cardio exercises often require quick transitions, balance, and coordination. Movements like plyometrics (jumping moves) or dynamic HIIT workouts engage the body in ways that improve agility and reflexes, which can be difficult to replicate with traditional weightlifting. These quick and varied movements not only boost heart health but also enhance functional fitness.

Summary: Why Bodyweight Exercises Are Often Safer

- Lower Risk of Injury
- More Control Over Movement
- Joint-Friendly
- Adaptable to Fitness Level
- No Need for Equipment
- Natural Range of Motion

But it is all down to individual taste, so if you like lifting weights, then that is fine. My point here is to know that bodyweight is still weight and gives us all we need. So the choice is yours. In all my workout videos, I focus on bodyweight, as for me personally and my subscribers, this is how we see the best long-term results.

LETS TALK PROTEIN

The volume of emails I receive promoting protein powders and offering 20% discounts to sell to my audience drives me crazy. It's evident they don't review my social media because they would see my consistent refusal of such protein products.
My focus is on promoting the benefits of natural protein because it already exists. Consuming real food is not only safer and more cost-effective but also prevents excessive protein intake, which can have negative consequences. Let's go back to basics.

Here is a list of just some of the foods high in protein, along with the approximate amount of protein per 100-gram serving:

Animal-Based Protein Sources:

Chicken Breast (Cooked, Skinless)
Protein: 32 g per 100 g

Turkey Breast (Cooked, Skinless)
Protein: 31.6 g per 100 g

Lean Beef (Cooked, Ground or Steak)
Protein: 29 g per 100 g

Tuna (Canned in Water)
Protein: 28 g per 100 g

Salmon (Cooked)
Protein: 25 g per 100 g

Pork (Lean, Cooked)
Protein: 28 g per 100 g

2 Eggs (Whole, Cooked)
Protein: 12.6 g per large egg 100g

Prawns (Cooked)
Protein: 24 g per 100 g

Cottage Cheese (Low-fat)
Protein: 12 g per 100 g

Greek Yogurt (Plain, Non-fat)
Protein: 10.2 g per 100 g

Plant-Based Protein Sources:

Lentils (Cooked)
Protein: 9 g per 100 g

Chickpeas (Cooked)
Protein: 8 g per 100 g

Black Beans (Cooked)
Protein: 8.4 g per 100 g

Tofu (Firm)
Protein: 16 g per 100 g

Tempeh
Protein: 19 g per 100 g

Quinoa (Cooked)
Protein: 5 g per 100 g

Edamame (Cooked)
Protein: 10 g per 100 g

Hemp Seeds
Protein: 32 g per 100 g

Almonds
Protein: 20 g per 100 g

Peanut Butter
Protein: 25 g per 100 g

Here are some simple ways to boost your **protein** intake in your daily diet:

BREAKFAST:

Kickstart Your Day with Protein-Rich Foods

Eggs: Incorporate eggs into your breakfast routine, whether scrambled, boiled, or in an omelette.
Greek Yoghurt: Choose plain Greek yogurt and enhance it with fruits, **nuts**, or **seeds** for added flavour.
Top your toast with **Peanut** or any **Nut Butter.**

SNACKS:
Almonds, **peanuts** or **sunflower seeds**.
Cottage Cheese and a Cracker with some olives
Hummus with Veggies like carrot sticks, cucumber, or bell peppers.

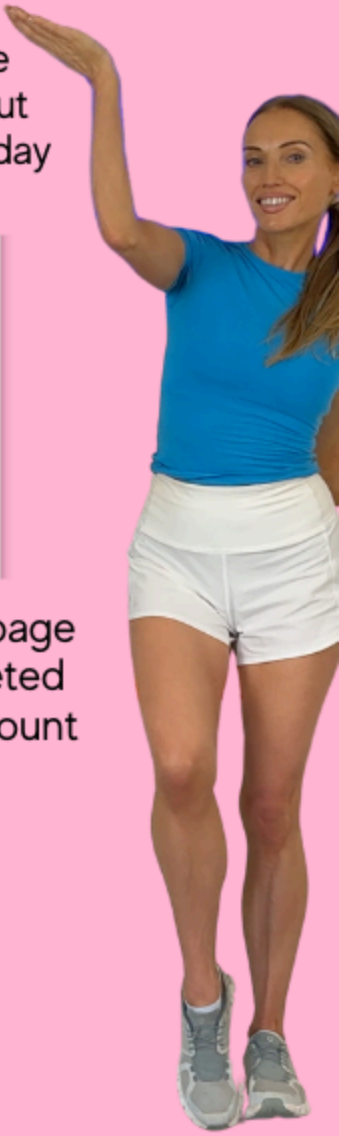
LUNCH AND DINNERS:

Integrate **beans, lentils, chickpeas** or **black beans**, or into soups, salads, or wraps for a plant-based protein kick.
Incorporate **quinoa** as a salad base or side dish.
Sprinkle **cheese** over dishes such as salads, soups, or roasted vegetables.
Opt for Protein-Rich Grains like **quinoa**, **farro** or **barley** instead of regular grains.
Choose Whole-grain bread for sandwiches or toast
Enhance salads with grilled **chicken**, **tuna**, or **hard-boiled eggs** for a protein boost.
Include fish varieties like **salmon**, **tuna**, or **mackerel** in your meals.

HOW THE PLAN WORKS

I prefer simplicity and clarity, so I've designed a page with a daily workout plan. Just click the play button each day (internet access required).

You'll also find an accountability page where you can check off completed workouts, track your steps, and count your press-ups.



I'll explain everything in more detail on the following page.

EACH DAY

On one page you have a list of your daily workouts for the next 28 days and each one has a play button that you simply click to complete the workout.

All the workouts are designed to support various aspects of health essential during menopause.
Feel free to take a rest day when necessary; always prioritise listening to your body and doing what feels right for you.

In addition to the daily workout, aim for a step count from 5000 to 10000 steps per day, exceeding this is fantastic.
Walking is beneficial for bone health in the lower body, hips and back, as well as for mental well-being.

To maintain upper body bone health, I recommend daily press-ups, but feel free to skip a day if you are too fatigued. Press-ups are excellent for strengthening bones in the arms and shoulders.
Check the details provided below on how to perform these exercises safely.

HOW TO DO PRESS-UPS

WALL

Start by positioning your hands on a stable surface. Take a step back with both feet, ensuring you are leaning securely against the wall. In a controlled manner, gradually bend your arms, lowering your head towards the wall. Pause when you are near the wall, then slowly push yourself back up.

BOXED

On all fours on the floor, with your hands directly under your shoulders and your knees aligned with your hips. Gradually lower your upper body towards the ground by allowing your elbows to flare out to the side. Hold this position, then push back up.

3/4

Start on all fours on the floor. Push your hips forward, lean on the fleshy part of your knees, and aim to create a straight line from your head to your knees. Slowly lower your body towards the ground, hold, and then push back up.

FULL BODY

Start in an extended plank position on the ground, then gradually lower your upper body towards the ground, hold briefly, and push back up. This exercise is quite challenging so aim to do what feels right for you.

JUST CLICK ON THE PLAY NOW BUTTON TO START THE WORKOUT.

PLEASE NOTE YOU WILL NEED TO BE ONLINE

Day 1 15 Min Menopause Walk PLAY NOW	Day 2 15 Min Full Body Sculpt PLAY NOW	Day 3 12 Min Menopause Cardio PLAY NOW
Day 4 20 Min Full Body Cardio PLAY NOW	Day 5 7 Min Meno Belly PLAY NOW	Day 6 15 Min Calorie Burner PLAY NOW
Day 7 20 Min Fat Burn Walk PLAY NOW	Day 8 7 Min Hiit Cardio PLAY NOW	Day 9 20 Min Full Body Tone PLAY NOW
Day 10 15 Min Menopause Walk PLAY NOW	Day 11 10 Min Heart Health PLAY NOW	Day 12 10 Min Calorie Boost PLAY NOW
Day 13 15 Min Cardio Abs PLAY NOW	Day 14 15 Min Full Body Cardio PLAY NOW	Day 15 7 Min HIIT PLAY NOW
Day 16 15 Min Walk & Abs PLAY NOW	Day 17 20 Min No Jump Cardio PLAY NOW	Day 18 10 Min Walk & HIIT PLAY NOW
Day 19 10 Min Walk & HIIT PLAY NOW	Day 20 18 Min Interval Jog & Tone PLAY NOW	Day 21 10 Min Arm Toning PLAY NOW
Day 22 300 Reps Total Body Sculpt PLAY NOW	Day 23 10 Min Calorie Burn Cardio PLAY NOW	Day 24 15 Min Walk Fit Cardio PLAY NOW
Day 25 15 Min Menopause Walk PLAY NOW	Day 26 12 Min Menopause Cardio PLAY NOW	Day 27 15 Min Walk in London PLAY NOW
Day 28 7 Min Meno Belly PLAY NOW		

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Day 1	Workout ☐	Steps	Press-Ups
Day 2	Workout ☐	Steps	Press-Ups
Day 3	Workout ☐	Steps	Press-Ups
Day 4	Workout ☐	Steps	Press-Ups
Day 5	Workout ☐	Steps	Press-Ups
Day 6	Workout ☐	Steps	Press-Ups
Day 7	Workout ☐	Steps	Press-Ups
Day 8	Workout ☐	Steps	Press-Ups
Day 9	Workout ☐	Steps	Press-Ups
Day 10	Workout ☐	Steps	Press-Ups
Day 11	Workout ☐	Steps	Press-Ups
Day 12	Workout ☐	Steps	Press-Ups
Day 13	Workout ☐	Steps	Press-Ups
Day 14	Workout ☐	Steps	Press-Ups

Day 15 Workout ☐ Steps Press-Ups

Day 16 Workout ☐ Steps Press-Ups

Day 17 Workout ☐ Steps Press-Ups

Day 18 Workout ☐ Steps Press-Ups

Day 19 Workout ☐ Steps Press-Ups

Day 20 Workout ☐ Steps Press-Ups

Day 21 Workout ☐ Steps Press-Ups

Day 22 Workout ☐ Steps Press-Ups

Day 23 Workout ☐ Steps Press-Ups

Day 24 Workout ☐ Steps Press-Ups

Day 25 Workout ☐ Steps Press-Ups

Day 26 Workout ☐ Steps Press-Ups

Day 27 Workout ☐ Steps Press-Ups

Day 28 Workout ☐ Steps Press-Ups

USEFUL BLOGS

HOW TO FEEL FABULOUS AGAIN CLICK HERE TO READ

CLICK HERE TO READ 7 TIPS TO HELP REDUCE MENOPAUSE ABDOMAINAL WEIGHT GAIN

WALKING THROTHE MENOPASUE CLICK HERE TO READ

10 EASY WAYS TO EAT LESS ULTRA-PROCESSED FOOD AND FEEL AMAZING CLICK HERE TO READ

FOR MORE BLOGS CLICK HERE

CLICK ON ANY SOCIAL MEDIA ICON TO CONNECT

Always here to keep *YOU MOTIVATED AND* **MOVING AT HOME**

Lucy xx

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