Training and Menopause

Turning intention to reality

- Make a list of what applies to you
- Work on one at a time
- Build habits rather than rely on will power
- Work on mindset - “are my thoughts helping me”?
- If you’re feeling resistance how can you deal with it
- Where can you get accountability and support?

Recommendations

Recovery is vital - how to boost it

- **Listen to your body** to adapt training/ take more recovery, the only effective training is training you can recover from
- **Fuel your training**: carbs for any session over an hour/ first thing
- **Fuel your recovery**: 1.6-2g of protein per kg of body weight /day
- **Know your sleep non-negotiables** and use them

Training mix

- **Strength training** with 'heavy' weights, including mobility, stability, balance, jumping, pelvic floor
- **Support body to recover with protein** (and carbs) - 30g following training, as part of 1.6-2g protein kg/body weight/day
- **HIIT intervals** (+ recovery) for speed, power and insulin sensitivity
- **Accept change**. Set expectations which are challenging but realistic

What's your plan of action?.....