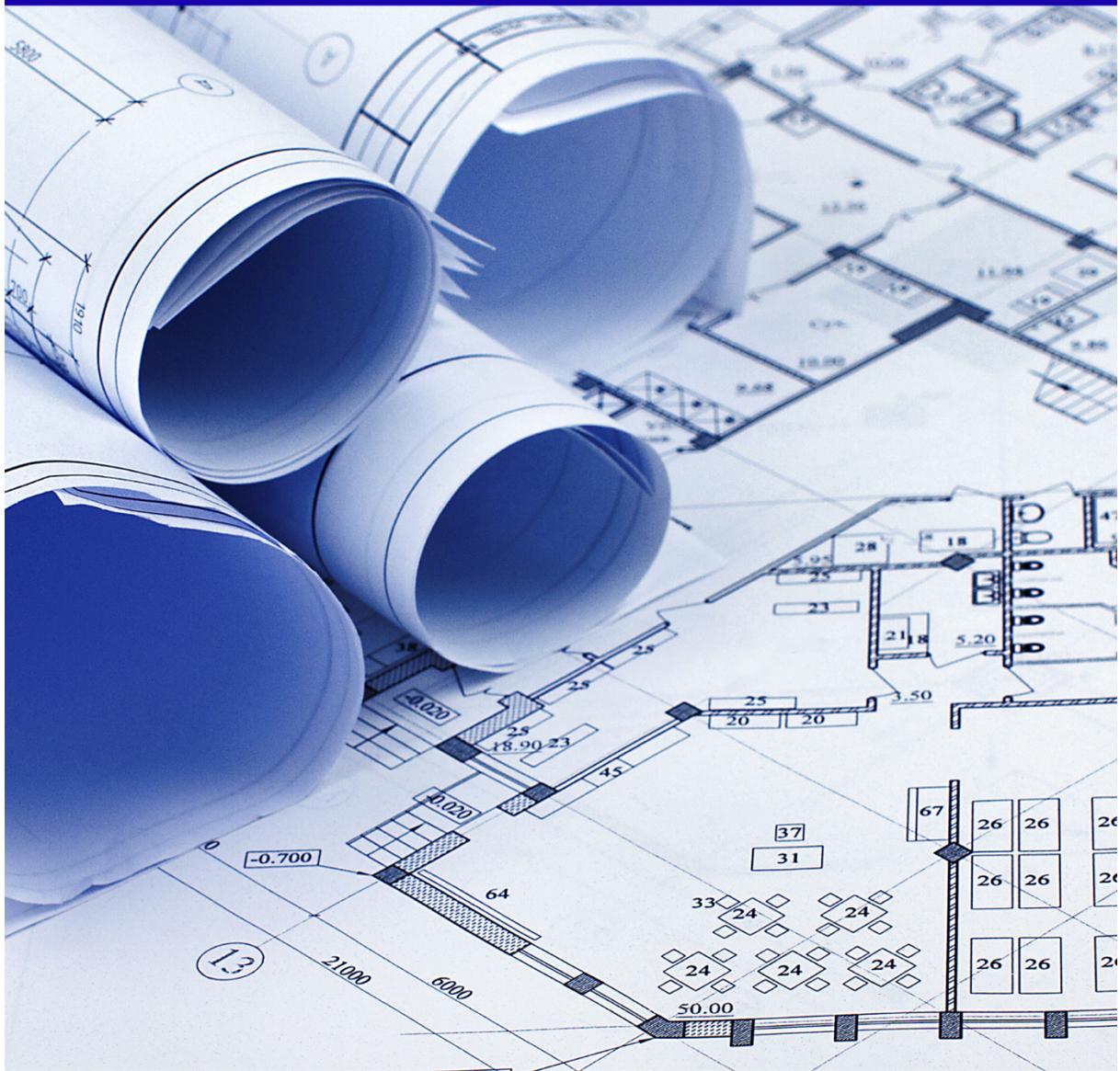


# THE MENOPAUSE MODULES



**YOUR BLUEPRINT TO  
MIDLIFE MASTERY**

## **MODULE 6 — Movement, Cardio & Steps: What Actually Works (And What Doesn't) After 45**

**How to move in a way that supports fat loss, recovery, hormones & sanity.**

### **MODULE INTRODUCTION**

Cardio isn't cancelled.

But the idea that cardio = fat loss?

Yeah... that died around the same time your oestrogen levels started playing hide-and-seek.

Menopause changes how your body responds to exercise.

This module teaches you the new rules — so you stop hammering yourself into the ground and finally start getting results again.

### **LESSON 6.1 — Why Movement Matters More Than Cardio**

Here's the secret:

**✓ Fat loss after 45 is driven MOSTLY by:**

- daily movement
- steps
- low-intensity activity
- light-to-moderate walking

NOT by:

- long runs
- high-intensity classes
- 60-minute spin sessions
- punishing cardio blocks

Why?

Because low-level movement:

- reduces cortisol
- supports fat loss
- improves blood sugar
- reduces cravings
- boosts NEAT (your biggest calorie burner)
- is sustainable every day

Menopausal bodies thrive on **consistent low-level movement**, not punishment.

## ★ LESSON 6.2 — The Problem With Too Much Cardio

This is where most women get stuck and STAY stuck.

### ✗ Too much cardio increases cortisol

Cortisol ↑ = water retention ↑ = belly fat ↑.

### ✗ Too much cardio increases hunger

Often leads to overeating without noticing.

### ✗ Too much cardio eats into recovery

Meaning strength training becomes less effective.

## **✗ Too much cardio = fatigue spike**

This reduces NEAT (steps + movement) without you realising.

## **✗ Too much cardio reinforces the “burn it off” mentality**

Which is exhausting and ineffective.

## **✓ Cardio isn't bad.**

It's just overused and misused.

## **★ LESSON 6.3 — The ONLY Three Types of Cardio You Need Now**

### **Zone 2 / Low-Intensity Steady State (LISS)**

Your BEST friend after 45.

Examples:

- brisk walking
- steady cycling
- light rowing
- easy elliptical
- gentle hiking

Benefits:

- lowers cortisol
- supports fat loss
- strengthens your heart
- improves recovery
- reduces stress

Do 1–3x per week (20–40 minutes).

## **Short, Smart HIIT (Optional)**

Good in tiny doses, terrible when overused.

Max:

- 1x per week
- 8–12 minutes
- often better to skip if you're already stressed

Stick to simple intervals like:

30 sec effort / 90 sec rest

Or

20 sec effort / 10 sec rest (for 4–6 rounds)

Done correctly → helpful.

Done too much → disaster.

## **Walking (Your Fat-Loss Accelerator)**

This is the GOLD STANDARD.

Walking:

- reduces cortisol
- improves mood
- supports recovery
- manages blood sugar
- burns calories without stress
- reduces menopause belly fat
- is sustainable daily

Walking is your *metabolic cheat code* now

## ★ LESSON 6.4 — The “Goldilocks Zone” for Steps

Most women think they need 10k steps, or else what’s the point?

Here’s the truth:

✓ **6,000–10,000 steps = ideal**

Choose the level that feels:

- sustainable
- realistic
- doesn’t increase stress
- doesn’t drain energy

✓ **If you’re super fatigued, 4–6k is perfectly fine**

(You can build up slowly.)

✓ **If you’re already active, 10–12k might feel great**

(As long as recovery is solid.)

**The sweet spot:**

**The number of steps you can hit consistently without burning out.**

## ★ LESSON 6.5 — How to Structure Cardio Around Strength Training

Your weekly blueprint:

### Strength Days

- Strength comes first
- Walking afterwards (optional, light)

### Cardio Days

- Zone 2 or low-intensity
- 20–40 minutes
- No high-stress training on back-to-back days

### Rest Days

- Walking only
- Gentle mobility
- No intense cardio
- Focus on recovery

### HIIT Days (if included at all)

- Only on days you feel energised
- Never more than once weekly
- Never paired with heavy strength days
- Never after a bad sleep

**Fat loss formula:**

**Strength → Steps → Optional Cardio → Recovery.**

## ★ LESSON 6.6 — How to Know If You're Doing Too Much

Signs you're OVERdoing cardio or steps:

- you're exhausted
- your legs feel dead constantly
- you're bloated or puffy
- belly fat increases
- no appetite or too much appetite
- you feel wired but tired
- you're sleeping badly
- your weight doesn't move
- workouts feel harder than usual
- you dread exercise

Your body is speaking.

Menopause makes it louder.

## ★ LESSON 6.7 — How to Know If You're Doing Too Little

Signs you should increase movement gently:

- low motivation
- stiff joints
- slow digestion
- low mood
- struggling with cravings
- energy crashes
- fewer than 5,000 steps daily
- feeling sluggish
- poor sleep
- low energy
- feeling “flat” mentally

The goal is not “more cardio.”

It's balanced, energising movement.

## ★ LESSON 6.8 — Your Ideal Menopause Movement Week (Blueprint)

Here's your perfect weekly structure:

### **DAY 1 — Strength**

- light walk

### **DAY 2 — Steps + low-intensity cardio (optional)**

### **DAY 3 — Strength**

- gentle walk

### **DAY 4 — Steps only**

- recovery focus
- mobility/stretching

### **DAY 5 — Strength or low-intensity cardio**

(choose based on energy)

### **DAY 6 — Steps + recovery**

### **DAY 7 — Complete rest or gentle movement**

This plan:

- reduces cortisol
- improves fat loss
- supports muscle
- increases energy
- boosts mood

- promotes consistency

## ★ **MODULE 6 SUMMARY**

- Menopausal fat loss relies heavily on **movement**, not punishment
- Too much cardio increases cortisol & stalls fat loss
- Zone 2 + walking are far more effective than HIIT
- Daily steps (6–10k) are your secret weapon
- Less stress + more strength = better results
- The goal is balance, not exhaustion
- Cardio is supportive — NOT the main fat-loss driver anymore

## 🔥 **END OF MODULE 6 TASK — “Pick Your Movement Anchors”**

*(This task sets habits for the rest of the programme.)*

**Write down the answers to these 3 prompts:**

**Choose your 2 “movement anchors” you’ll commit to this week.**

Pick two:

- daily walk
- 6–10k steps
- 2–3 strength sessions
- 1 zone 2 session
- mobility/stretching

- gentle evening walk
- a rest day with no guilt

**What's ONE type of movement you need to STOP doing as much?**

Examples:

- long high-intensity cardio
- back-to-back HIIT workouts
- long exhausting runs
- punishing sweat sessions

**Write your movement rule:**

**“I move to support my hormones — not to punish my body.”**

**NOTES:**