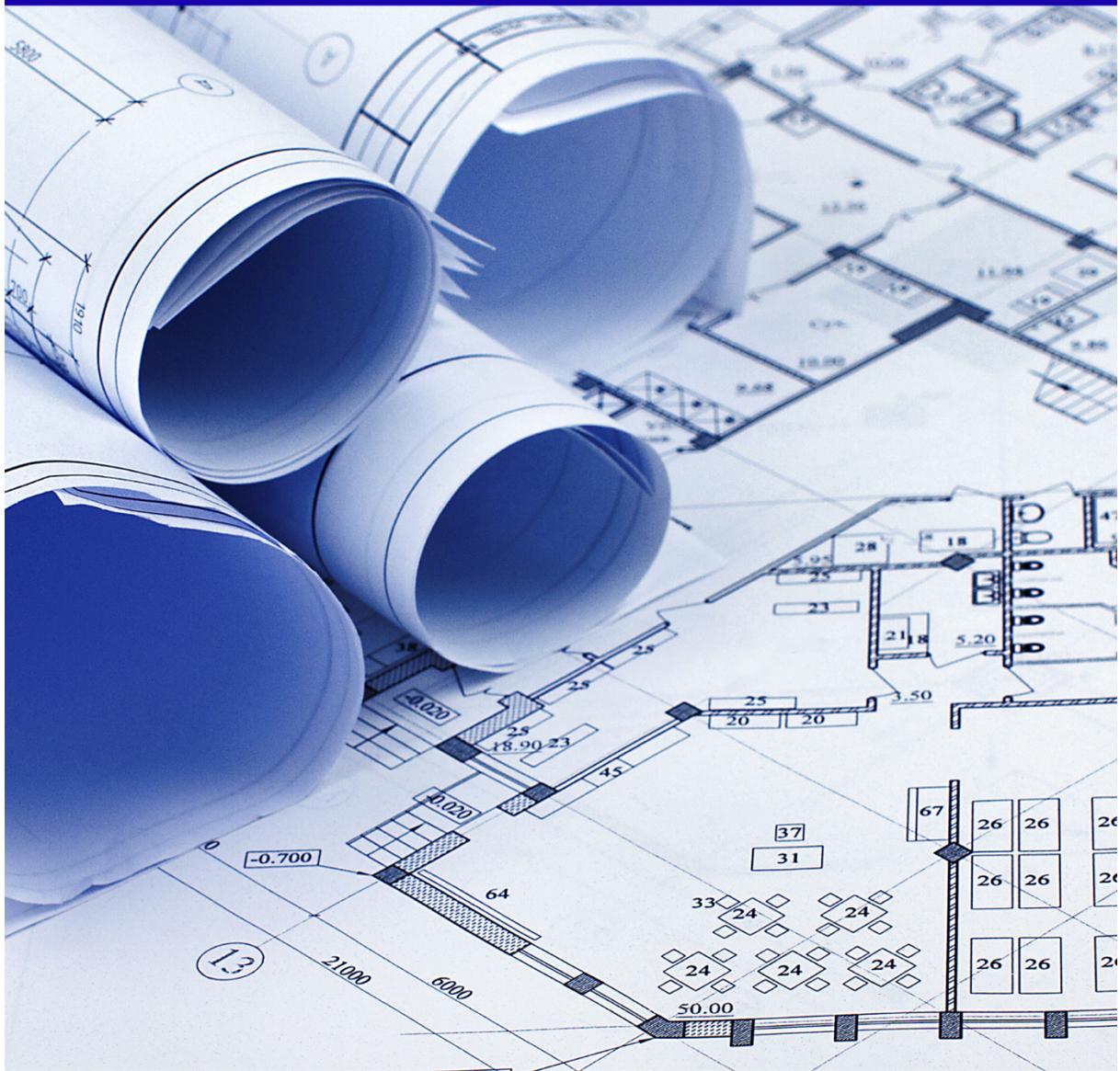


THE MENOPAUSE MODULES



**YOUR BLUEPRINT TO
MIDLIFE MASTERY**

MODULE 2 — The Menopause Metabolism Reset

What Actually Changes, What Doesn't, and How to Work WITH Your Body — Not Against It

MODULE INTRODUCTION

“Let's clear up the biggest menopause myth right now:

Your metabolism didn't die.

Your body just changed the terms and conditions — and nobody told you.”

This module gives you the *new rulebook*.

You'll learn:

- what REALLY slows down
- what stays the same
- what you can still control (a lot)
- how to stop doing what isn't working
- how to start using the levers that DO work

This is the foundation for fat loss after 45.

LESSON 2.1 — Your Metabolism Isn't Broken (But It IS Different)

Let's get the science straight:

✓ Your metabolism does NOT suddenly drop by 20–30%

Research shows it barely decreases until your 60s.

✓ What DOES change is:

- activity levels
- spontaneous movement
- muscle mass
- hunger signalling
- stress response
- recovery capacity

These lifestyle + hormonal changes FEEL like a broken metabolism, but they're actually just different inputs → different outputs.

Translation:

“You don't need more restriction — you need new strategy.”

★ LESSON 2.2 — The 3 Things That Actually Slow Fat Loss After Menopause

Here's what *really* causes the stall:

Muscle Loss

Without strength training, muscle naturally declines faster after 45–50.

Muscle = metabolic engine.

Less muscle → fewer calories burned → slower fat loss.

This is reversible.

Strength training solves this.

NEAT Drops

NEAT = “non-exercise activity thermogenesis”
AKA the calories you burn through daily movement.

Menopause → less energy → more sitting → fewer steps.

This has a MASSIVE effect on fat loss, far bigger than workouts.

Hormonal Shifts Change Fuel Use

Lower oestrogen + higher cortisol →

- more abdominal fat
- more water retention
- slower recovery
- more hunger swings
- harder time handling long cardio or high-volume training

This isn't about willpower.

It's hormonal biology.

★ LESSON 2.3 — The 4 Metabolic Levers You Can Still Pull (And They Work Amazingly Well)

You may not control hormones directly...

but you *can* control these 4 levers that drive fat loss after menopause:

Lever 1: MUSCLE

More muscle = better metabolism.

Strength training is no longer optional — it's essential.

Lever 2: PROTEIN

Higher protein helps with:

- appetite control
- lean muscle
- metabolism
- cravings
- blood sugar
- mood and energy

Aim for: **1.6–2.0g per kg of bodyweight per day.**

Lever 3: MOVEMENT (NEAT)

Steps matter more than workouts.

Most fat loss for women 45–65 comes from:

- ➔ daily movement
- ➔ low-level activity
- ➔ manageable steps
- ➔ consistency

Lever 4: RECOVERY

This is the game-changer.

Poor recovery → higher cortisol → slower fat loss.

The goal now is **train smarter, not harder.**

★ LESSON 2.4 — Why Doing MORE Isn't Helping You

This is where many menopausal women get stuck.

✗ More cardio

- = more fatigue
- = more cortisol
- = more water retention
- = less fat loss

✗ Longer sessions

- = increased stress load
- = stalled results

✗ Extreme clean eating

- = doesn't offset hormonal changes
- = often leads to overeating later
- = keeps you stuck

✗ Pushing harder

- = doesn't work
- = increases inflammation
- = creates plateaus
- = makes you feel like a failure

✓ Doing LESS but BETTER

- = results
- = recovery
- = muscle
- = fat loss
- = sanity

★ LESSON 2.5 — Your Menopause Metabolism Targets

(These create fat loss WITHOUT extreme dieting or overtraining)

Protein:

1.6–2.0g/kg bodyweight

E.g., 70kg woman → 112–140g per day

Strength Training:

2–3 sessions per week

Steps:

6–10k daily (find a sustainable base)

Sleep:

7–8 hours when possible
(quality > quantity if nights are broken)

Hydration:

2–3 litres per day

- electrolytes during hot flush days

Recovery:

1–2 low-stress days per week
(Even gentle stretching counts)

These targets put you back in control.

★ MODULE 2 SUMMARY

- Menopause doesn't kill your metabolism — it changes how it behaves
- Muscle ↓ and NEAT ↓ are the biggest fat-loss killers (both fixable)
- Hormones affect energy, cravings, fat distribution, and recovery
- You can still lose fat, with the right levers
- Protein, strength training, movement, and recovery matter more than ever
- Doing more is not the solution — doing better is

🔥 END OF MODULE 2 TASK — “The Metabolic Levers Audit”

(Simple, powerful, self-awareness building)

Write down your answers to these 4 prompts:

Which metabolic lever have you been neglecting the most?

Choose one:

- strength training
- protein
- steps/movement
- recovery/sleep

Why has THIS lever been the hardest for you?

(e.g., time, knowledge, energy, routines, habits, overwhelm)

What ONE small, realistic action can you commit to this week?

Examples:

- 1 extra walk
- 20g more protein daily
- 1 strength session
- a strict wind-down routine twice a week
- 10pm lights out

Write your new rule:

“I will adjust my habits to match my physiology — not bully my body into the old strategy.”

This sets the tone for everything that comes next.

Notes: