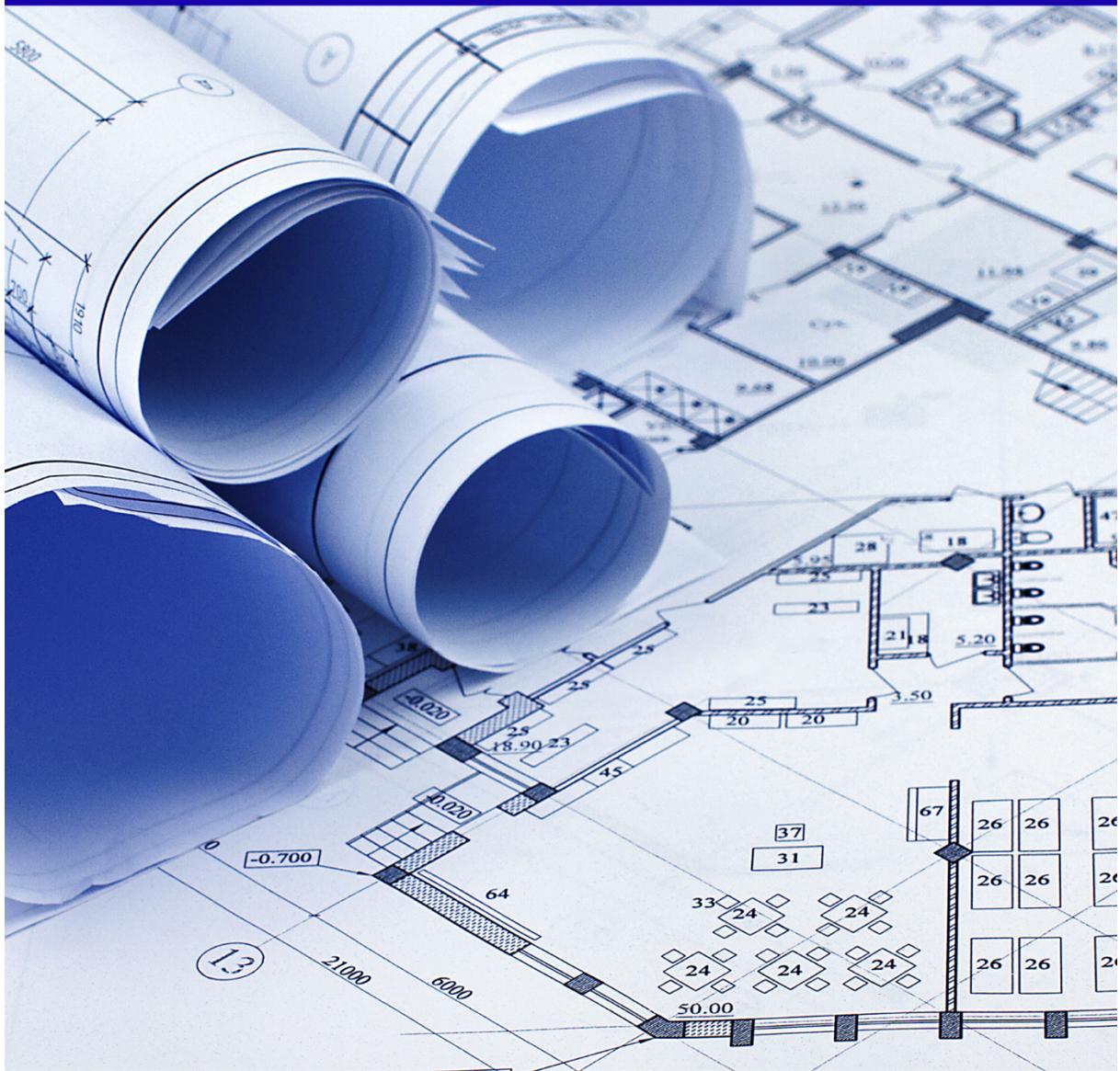


# THE MENOPAUSE MODULES



**YOUR BLUEPRINT TO  
MIDLIFE MASTERY**

## **MODULE 5 — Strength Training: Your Menopause Superpower**

**Why strength is now the #1 factor for fat loss, energy, health, and ageing well.**

### **MODULE INTRODUCTION**

Let me be blunt:

If you're over 45 and NOT doing strength training...  
you're making fat loss 10x harder than it needs to be.

Menopause is not the time to 'tone' with pink dumbbells.

It's the time to *lift for your life*.

Not heavy bodybuilding stuff.

Not scary gym bro nonsense.

Just smart, structured, progressive strength work.

This module explains EXACTLY why.

### **LESSON 5.1 — Why Strength Training Matters More Now Than Ever**

Here's the harsh but empowering truth:

#### **You lose muscle faster after 45**

Hormone's shift → muscle declines → metabolism slows.

✓ **You burn fewer calories naturally**

Less muscle = fewer calories burned at rest.

✓ **You become more insulin-sensitive**

Strength training helps regulate blood sugar + cravings.

✓ **You need muscle for joint health**

Menopause increases inflammation → strong muscles protect joints.

✓ **Strength training reduces belly fat**

Not by “spot targeting”

but by improving metabolism + hormone balance + stress resilience.

✓ **Strong muscle = strong bones**

Oestrogen drops → bone density drops.

Strength reverses this faster than anything else.

**Translation:**

“Strength training is NOT optional anymore — it is your metabolic, hormonal, and health insurance policy.”

## ★ LESSON 5.2 — Cardio vs Strength: Why Cardio Alone Won't Cut It

You can walk, run, cycle, swim, or hit the elliptical until you're blue in the face...

It will NOT build the muscle you need post-menopause.

### **CARDIO BENEFITS:**

- ✓ good for health
- ✓ good for mood
- ✓ burns calories during the session
- ✓ great for fitness

### **CARDIO LIMITATIONS:**

- ✗ does NOT build muscle
- ✗ does NOT boost metabolism long term
- ✗ does NOT shape your body
- ✗ increases hunger in many menopausal women
- ✗ can raise cortisol if done too often

### **STRENGTH BENEFITS:**

- ✓ builds muscle
- ✓ boosts metabolism
- ✓ reduces cravings
- ✓ improves bone density
- ✓ decreases injury risk
- ✓ lowers cortisol
- ✓ shapes your body
- ✓ improves recovery + energy

**The winning formula:**

**Strength 2–3x/week + walking daily.**

Everything else is optional.

### ★ **LESSON 5.3 — What Strength Training Should Look Like**

No fluff.

No fads.

No Instagram influencer circus.

Just the basics, done consistently, and you'll change your entire life.

#### ✓ **Focus on big, compound movements:**

- Squat
- Hip Hinge (deadlifts)
- Push (chest/shoulders)
- Pull (back)
- Lunge
- Carry/Core

#### ✓ **2–3 sessions per week**

More isn't better — better is better.

#### ✓ **45–60 minutes max**

Anything beyond this increase's cortisol unnecessarily.

## ✓ **Progressive overload**

Meaning:

- increase reps OR
- increase weight OR
- increase sets OR
- slow down tempo

Over time, not every week.

## ✓ **Rest between sets**

Aim for 60–90 seconds minimum.

This reduces stress + improves results.

## ✓ **Full-body or upper/lower splits**

Both work.

The key is consistency.

## ★ **LESSON 5.4 — Strength Training Myths (DEBUNKED)**

### ✗ **“I don’t want to get bulky.”**

You physically *cannot* without steroids or eating like an athlete.

You will become leaner, tighter, stronger, healthier — not bulky.

### ✗ **“I need lightweight high reps to tone.”**

Nope.

Toning = building muscle + lowering body fat.

Light weights don't build muscle for women 45+.

**✗ “I need to do HIIT for fat loss.”**

HIIT is stress.

Strength is stability.

**✗ “Strength makes me heavy.”**

Weight may not drop immediately because:

- muscle stores water during adaptation
- inflammation reduces over time

But long-term?

Strength training makes fat loss EASIER and more SUSTAINABLE.

## ★ **LESSON 5.5 — How Strength Training Helps With Hormone Balance**

### **✓ Reduces cortisol**

Strength → calmer nervous system → better sleep → lower stress → improved fat loss.

### **✓ Regulates hunger hormones**

More muscle = better blood sugar control = fewer cravings.

### **✓ Improves oestrogen receptor sensitivity**

Strength helps the body use the oestrogen it DOES have more efficiently.

## ✓ **Boosts testosterone**

Women produce small amounts — strength training helps maintain it.

## ✓ **Improves insulin sensitivity**

Making fat loss easier.

## ✓ **Reduces inflammation**

A major cause of weight gain + fatigue in menopause.

## ★ **LESSON 5.6 — What If You're New to Strength Training? (Start Here)**

- ✓ 2 sessions per week
- ✓ 4–6 exercises per session
- ✓ 8–12 reps per exercise
- ✓ Use machines, dumbbells, or bodyweight
- ✓ Focus on form before load
- ✓ Increase one variable every 1–3 weeks

No need for perfection.

No need for heavy lifting immediately.

Just start.

## ★ LESSON 5.7 — What If You Already Strength Train BUT Aren't Seeing Results?

This is VERY common.

It usually means:

### ✗ You're not lifting heavy enough

If you can do 20 reps easily... too light.

### ✗ You're doing too much cardio

This counteracts the benefits.

### ✗ You're doing the SAME workouts all the time

No new stimulus = no new results.

### ✗ You're under-eating protein

Muscle cannot grow without fuel.

### ✗ Your stress is too high to recover

Cortisol kills progress.

### ✗ You're rushing your sessions / skipping rest

More rest = better strength output.

### ✓ Fix these = results finally appear.

## ★ LESSON 5.8 — The Ideal Menopause Strength Training Template

Use this as your gold-standard weekly structure:

### Day 1

- Squat variation
- Push variation
- Hip hinge light
- Core
- Carry/march

### Day 2

- Hip hinge heavy
- Pull variation
- Single-leg/lunge
- Core
- Conditioning finisher (optional)

### Day 3 (optional)

- Full-body light/moderate
- Technique focus
- Movement practice
- Mobility + recovery work

Walking daily.

Rest days sprinkled between.

Stress kept low.

This is THE blueprint for menopausal fat loss.

## ★ **MODULE 5 SUMMARY**

- Strength training is your #1 fat loss tool after 45
- Cardio alone is NOT enough
- You need muscle to increase metabolism, control hunger, reduce fat, and feel better
- 2–3 strength sessions per week beats hours of cardio
- Focus on compound lifts + progressive overload
- Recovery is as important as training
- Strength = better hormones, better energy, better ageing, better results

## 🔥 **END OF MODULE 5 TASK — “Your Strength Commitment Contract”**

This task creates commitment AND clarity, and makes them feel empowered instead of overwhelmed.

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

**Which two days each week will be your NON-NEGOTIABLE strength training days?**

(E.g., Monday + Thursday, Tuesday + Friday)

**What's one small goal you want to achieve with strength training over the next 30 days?**

Examples:

- lift heavier
- master form
- complete 8 sessions
- reduce fear of weights
- stick to your plan

**Write your strength promise:**

**“I will build the muscle my body needs to thrive, not just survive, in menopause.”**

**NOTES:**