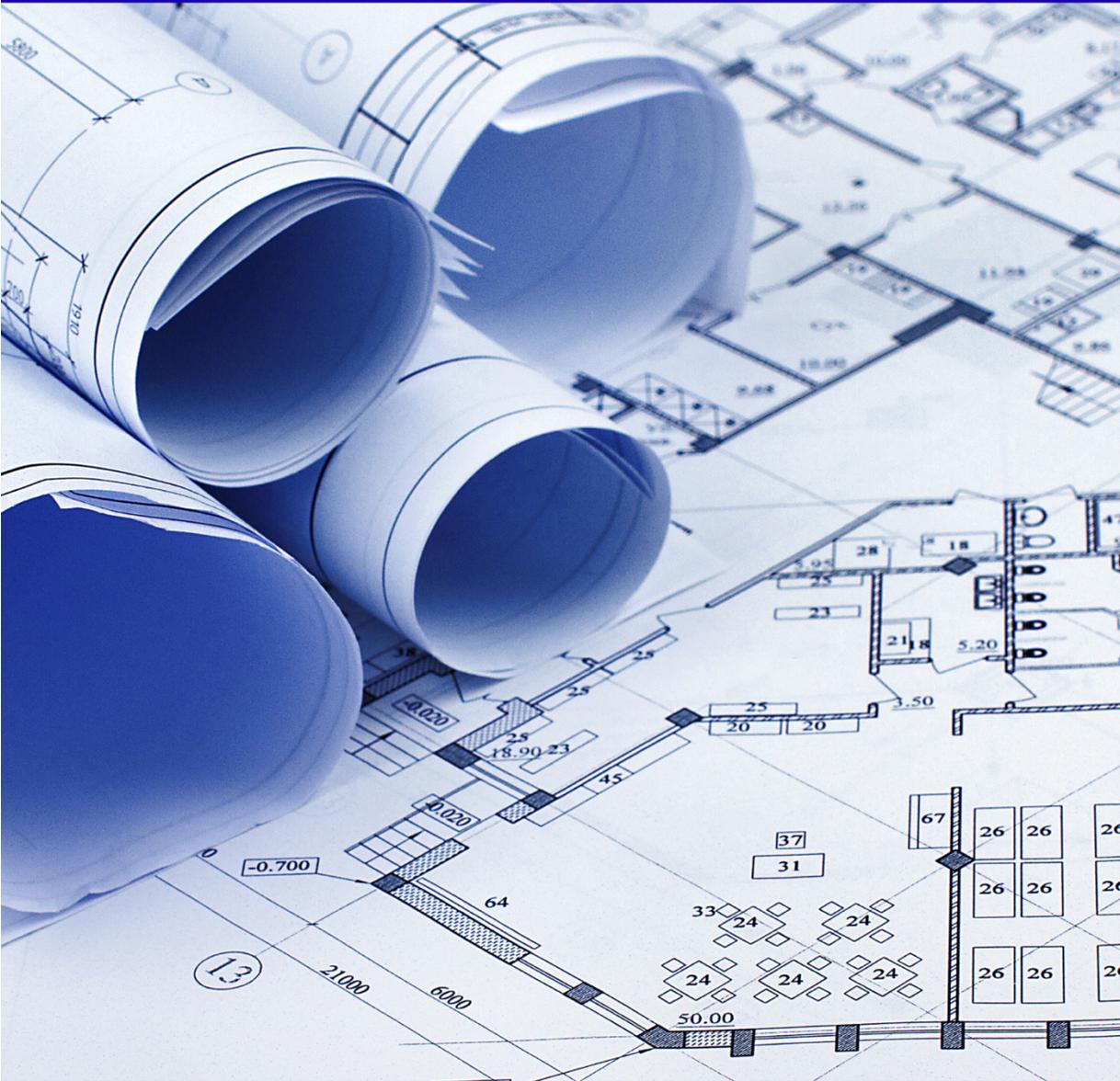


THE MENOPAUSE MODULES



**YOUR BLUEPRINT TO
MIDLIFE MASTERY**

MODULE 8 — Your 90-Day Menopause Fat Loss Blueprint

A simple, structured, realistic roadmap for finally breaking the plateau and creating long-term results.

MODULE INTRODUCTION

Now that you understand your hormones, metabolism, movement, strength, stress, and nutrition...

Let's put it all together into a 90-day plan that **ACTUALLY WORKS** for menopausal women.

No overwhelm.

No guessing.

No 'start again Monday.'

Just a clear, simple roadmap that fits real life.

LESSON 8.1 — Why 90 Days Is the Sweet Spot

Women often expect results in:

- 2 weeks
- 21 days
- 'after my holiday'
- 'once work settles down'

But menopausal fat loss follows slower, steadier physiology.

Why 90 days works:

- long enough to create hormonal stability
- long enough to build habits
- long enough to see body composition changes
- realistic for metabolism
- allows for stress fluctuations
- sustainable pace
- removes pressure + guilt

Quick fixes stopped working.

90-day strategies DO work.

★ LESSON 8.2 — The Menopause Fat Loss Pyramid (What Matters Most)

(Teach them what actually moves the needle)

From MOST important → least important:

Recovery & Stress (foundation)

If this isn't solid, nothing else works.

Protein & Daily Movement

Controls hunger + supports metabolism.

Strength Training

Builds muscle → drives fat loss.

Balanced Nutrition

Not diets — structure.

Calories (light deficit if needed)

NOT the main driver... but still a factor.

Supplements / HRT / TRT

Helpful extras, NOT magic.

When women get this order wrong → they stall.

When they get it right → they thrive.

★ LESSON 8.3 — Month 1: Reset, Rebuild, Regulate

Goal: Rebuild the base so your body becomes READY for fat loss again.

Focus on:

- sleep routine
- hydration + electrolytes
- 6–10k steps
- 2 strength sessions/week
- protein at each meal
- decreasing high-intensity cardio
- managing stress bucket
- consistent meals
- gentle calorie awareness

What to expect:

- less bloating
- more energy
- cravings ease
- mood stabilises
- better digestion
- some water weight drops
- moderate fat loss (or none yet — both are NORMAL)

This is the **regulation phase**.

Your body needs it before fat loss becomes predictable.

★ **LESSON 8.4 — Month 2: Strengthen, Stabilise, Simplify**

Goal: Build strength, consistency, and metabolic momentum.

Focus on:

- 2–3 strength sessions/week
- walking as your main cardio
- consistent meal structure
- hitting protein targets
- 1–2 low-intensity cardio sessions (optional)
- maintaining sleep habits
- small progressive overload
- 80/20 eating

What to expect:

- increased strength
- better recovery
- fewer crashes
- appetite becomes more predictable

- EMOTIONAL eating stabilises
- slow, steady fat loss (0.5–1lb/week)
- clothes change before the scale does

This is where most women **finally feel progress**.

★ LESSON 8.5 — Month 3: Fat Loss Phase (Strategic + Sustainable)

Goal: Now your physiology is READY for safe fat loss.

Focus on:

- slight calorie deficit (150–250 per day)
- 3 strength sessions (if energy allows)
- 6–10k steps consistently
- good hydration
- balanced meals
- recovery days
- optional food logging 2–4 days per week

What to expect:

- noticeable body changes
- increased muscle tone
- waist reduction
- belly fat decreases
- better consistency than ever
- improved confidence + energy

This is the **fat-loss phase**, NOT the starting phase.

Most women rush into calorie deficits TOO EARLY.

This 90-day approach fixes that mistake.

★ LESSON 8.6 — The “Stall Protocol”: What to Do If Progress Slows

A 2–3 week stall is NORMAL.

Here’s what to adjust:

If weight is flat but measurements are dropping →

✓ keep going

(You’re losing fat + gaining muscle.)

If weight AND measurements are flat →

Try ONE adjustment at a time:

1. Increase protein
2. Reduce cardio
3. Improve sleep routine
4. Add 1–2k steps daily
5. Slightly adjust calories
6. Add another rest day
7. Reduce training volume temporarily

Stalls are not failure — just feedback.

★ LESSON 8.7 — The Non-Negotiables Checklist

For all 90 days, these are your “must-haves”:

- ✓ protein at each meal
- ✓ strength training 2–3x/week
- ✓ 6k+ steps
- ✓ bedtime consistency
- ✓ hydration + electrolytes
- ✓ meal structure
- ✓ reduced high-intensity cardio
- ✓ rest days
- ✓ weekly reflection check-in

These aren't restrictive.

They are sustainable anchors.

★ LESSON 8.8 — How to Maintain Results After 90 Days

The goal isn't to lose weight for summer.

It's to feel strong, energised, and confident for LIFE.

Maintain results by:

- keeping protein high
- walking daily
- lifting consistently
- managing stress
- using flexible nutrition
- staying aware (not obsessed)
- adjusting calories when needed

- prioritising sleep
- avoiding the “all or nothing” pattern

Menopause isn't the end of fat loss

it's the beginning of a smarter chapter.

★ **MODULE 8 SUMMARY**

- 90-day cycles create REAL, lasting fat loss
- Hormones require a slower, smarter approach
- Fat loss only works once stress + recovery are regulated
- Strength + protein + movement = your pillars
- Fat loss is Phase 3, NOT Phase 1
- Stalls are normal — the Stall Protocol fixes them
- You CAN and WILL see change with consistency
- This approach works for ALL midlife women

END OF MODULE 8 TASK — “Build Your 90-Day Menopause Success Plan”

Write down your answers to these 5 prompts:

What’s your MAIN goal for the next 90 days?

(e.g., fat loss, consistency, strength, energy, sleep, reducing belly fat)

What phase are you starting in?

Pick one:

- Reset & Regulate
- Strengthen & Stabilise
- Fat Loss Phase

What are your THREE non-negotiables?

(e.g., strength twice weekly, 7k steps, protein at breakfast)

What ONE habit do you promise to stop doing?

(e.g., skipping meals, overtraining, late-night snacking, self-blame, HIIT overload)

Write your 90-day mantra:

“Slow, steady, consistent — my body responds best when I work with it, not against it.”

NOTES: