

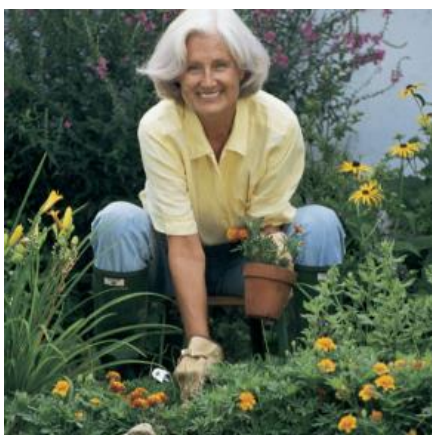
The 5 Myths about Getting a Better Body after Menopause

What is a better body?

Most people will jump straight to a “bikini body”! Yes, well I guess that is the cultural norm for women and if you’ve had one in the past but found that you’re putting on the weight post menopause – especially that belly fat – let’s call it the Belly Bulge – then you are definitely going to be disappointed as you age.

For me, and the women I work with, a better body actually has a deeper meaning.

You are **strong enough** to live the life you want, whether that’s lots of gardening without a sore back afterwards, warding off the pain of arthritic knees or being able to lift and carry without fear of hurting your back.



You are **flexible enough** to feel a freedom in your movements, pain free joints, and can easily get down on the floor to play with the grandkids (and up again elegantly).



You have **great energy** - energy that comes from good sleep, great health and exercise.



Yes, and of course, as little of that unhealthy Belly Bulge as possible.

Myth Number 1:

Keto and Intermittent fasting are the way to lose your MenoPot.

No. Before menopause – yes. After, not so much. Research comparing men and women on these diets show that men reap all the benefits and women often suffer the opposite.

Keto and Intermittent Fasting are diets for men. Yes, there are always going to be those outliers – women, post menopausal, who lose weight on these diets. I lost 10 kg in my mid 50's, but I did struggle with consequential health issues afterwards and with keeping it off.

What is that belly bulge? It's visceral fat – that's fat coating your organs. Really unhealthy fat. That belly bulge is there from a loss of Estrogen, from a lifetime of poor eating habits and from age related health issues like Insulin Resistance. You can't get your Estrogen back. You can change your poor eating (and drinking) habits and you can negate a lot of those age-related health issues with exercise and the right food choices. All is not lost. Inside MenoFit, our online menopause fitness program there is more help here. We explain what the proven best way to eat is through menopause and beyond.

Myth Number 2:

Working out harder and longer will get me stronger and fitter.

No. Not any more. After menopause your Estrogen has flatlined. You have no more. Estrogen is necessary to trigger your muscles to get stronger after exercise. Doing the same exercise will not trigger this strengthening response. Doubling your walking or running, going to the gym more won't cut it. As leading researcher Dr Stacey Simms says "*Lift Heavy Shit*". Once you know how to do this correctly to trigger a strengthening muscle response without injury Your work out will be significantly quicker and more effective. And you can do at home using your body weight. MenoFit shows you the right way.



Myth Number 3:

If I've never worked out it's too late now.

No. It's never too late to start your journey towards health. I did nothing until I began Pilates – from a book, in front of the TV. I started to notice small changes and got hooked. At the time I was stuck in a sedentary job, putting on weight and sleeping only 4 hours a night.

I was 45. I'm now 60, have a very normal 60 year old body but am very strong, bendy, fit and confident. I have awesome energy, sleep well (oh, and a great libido!). One of the main energy practices that I do daily is the 5 Minute Morning Flex Routine. It's easy to do in my PJs. Loosening up my body and breathing correctly makes me move and feel great all day. (I also do it at night for a better night's sleep). You'll find this inside MenoStrong.



Myth Number 4:

My aches and pains are here to stay.

No, in most cases you can heal. It's just harder now. Again, Estrogen played a huge role in healing. Without Estrogen, you are more likely to injure yourself. Without Estrogen, your body will heal slower, or not at all, and you will usually need help.

If you go to your doctor with knee pain it is likely to be put down to *"Oh, it's probably a little arthritis"*. If your doctor has said this kind of thing to you without the supporting evidence of X rays, don't listen.

Most of the women who come to the studio with aches and pains learn self-care techniques and go and get their problems fixed. We also have a '2 Week Rule' at the studio. If it's been sore for 2 weeks, with very little or no improvement, it's time to get the experts in.

The really great news is that if you keep your joints strong and flexible your pain from arthritis will be less, as well as your ability to do things. And MenoStrong gives you access to our extensive library of self help Fixes.

Myth Number 5

I don't have the time to exercise and I'm too tired anyway.

If you have only 15 minutes a day you can get significantly stronger and fitter! Your balance, posture and confidence will improve. You will feel younger, move younger and will raise your metabolism.

There's new science that proves that

- if you work your muscles in a particular way for only 15 minutes a day you'll get stronger.
- If you do appropriate cardio for 15 minutes a day your overall fitness will improve – and your energy.
- If you regularly stretch and do recovery activities, you'll stay injury free and get more flexible.

So, just maybe you don't have 15 minutes a day, but I bet you do. Maybe you are tired because you're trapped in a sedentary job. Funny how exercise and energy go together though. I teach about 15 Pilates classes a week and some days I get home exhausted. But I know that instead of blobbing in front of the TV – if I get down on the floor for some easy recovery exercises before I blob, I feel so much better, I sleep better and I'm motivated to eat better.

Working out and eating in a new way is not difficult. It also needn't take more time. Having more energy will help you enjoy your perimenopause and those many years afterwards. Is it time to put yourself first?

MenoStrong, our Menopause Fitness online program, combines all these myth busting principles in a highly effective 15 minutes a day. Building strength, flexibility, and body confidence, it's suitable for women between 40 onwards.

LEARN MORE: [All about MenoStrong](#)



xoxo
Karen