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Ways to energise
your midlife





By downloading this checklist, you're obviously in midlife and perhaps you're feeling a little out of sorts, so I really hope this gives you the boost you need!

Most of us at this stage are simply busy all the time – work, family logistics and lots of commitments - and that coupled with not getting enough quality sleep and not getting the right nutrition makes for an exhausting life! It definitely doesn't seem as easy as it was back in our 20's and 30's!

But there are strategies for boosting those energy levels and feeling a little more in control as we head through/ towards the menopause, so here's my checklist of small changes you can make....

Sarah x



1

Keep your weight in check

Due to the hormonal changes as we head into menopause, we tend to put fat on much easier. You'll find you can do the same exercise and eat the same as you did a few years back, but the effect isn't the same. The added weight can put a drain on those energy stores, so it's time to look at calorie deficits – are you eating more calories than you burn?

ACTION:

First [check here](#) to see what your BMR is (how many calories you need to live). For a few days, log your food in [MyFitnessPal](#) (or similar) to track calories consumed. Then, if you have a fitness tracker, check your overall daily burnt calories to see what deficit there is.

2

Improve your nutrition

This doesn't need to be a complete revamp of your diet. It just means eating nutrient rich foods that will help your body work efficiently and also ones that are anti-inflammatory. Some examples: at this stage of life our bone density has decreased so **calcium** is a nutrient that we need for example. **Potassium** is a great energy booster and helps with heart health and lowering blood pressure. **Protein** is needed for muscle repair and build, as this again depletes as we age and will also help give you an energy boost.

ACTION:

By adding to MyFitnessPal (as above) you will be able to see whether you're getting some of those nutrients and where you need to maybe make some changes.

3

Keep hydrated

Our bodies are made up of 60% water and it plays a vital role in transporting nutrients, keeping our temperature regulated and it's the environment in which every chemical reaction happens. A loss of just 2% of your body weight as water will compromise your mental and physical function, so this is why it's so important to stay hydrated.

ACTION:

Make an effort to drink around 1.5-2lts of water a day. Sip it throughout the day and don't wait until you're thirsty (you're already dehydrated by this point!). I recommend getting a [bottle with time increments](#) on it, so as to keep on track.



4

Ditch the caffeine and alcohol

It won't really help you. I know sitting at a desk all day often means we reach for more cuppa's than we really need, and at the end of a busy day, we just want that relaxing glass of wine. Unfortunately both these are inflammatories, so not great for the waistline, but they also affect the quality of your sleep.

ACTION:

if you drink caffeine, start by limiting the number you have each day. I know how appealing a drink is when you're out with friends, but if you're having menopausal symptoms/ your tum is growing, then I would suggest cutting the alcohol completely!

5

Do a mix of exercises

Don't just concentrate on one format. You need to be doing cardio, flexibility AND strength work. Doing strength work builds on your lean muscle mass and this then leads to a powered up metabolism, helping with fat loss. Weights and power-based moves will also help with bone density and working on flexibility will help your posture and mobility.

ACTION:

Find some workouts that offer you a mix of all these things. You should easily be able to find a workout that incorporates the cardio and strength, but you may need to do a separate flexibility class. I have my [Lift Lean CLUB](#) & [Pilates classes](#) that will help!

6

Sleep more and better

Difficult I know, but try and get into a specific bedtime routine (as you would with your kids, if you have them!) – have the downtime, time away from screens and make sure your bedroom is the right environment to promote sleep. If your mind is a whirr of thoughts as soon as you lie down, try doing a brain dump onto a notepad, so that you know you'll remember those things tomorrow and they're not on your mind as you try to sleep.

ACTION:

Instigate a new bedtime routine. And if the brain is awash with thoughts, have a pad by your bed to dump all those ideas and worries and deal with them in the morning!

7

Take time out for yourself

I'm always saying it – self care!! Take time out for yourself. Time where you're not rushing from one thing to another. It'll help you recharge. And, do things you love, that make you smile. The serotonin we produce when we're happy really helps us focus, concentrate and have more motivation.

ACTION:

If it's hard to find time, then start with 10 mins away from everyone. Book it in your diary and stick to it.



Be body aware

Take note of your natural rhythm. Are you an early to bed, early to rise person or more of a night owl? When in the day do you have the most energy? Being more aware of this rhythm will help you plan your day. If you're not an early riser then don't force yourself to get up at dawn and go for a jog for example.

ACTION:

Do a daily journal to work out any patterns. Or, go one further and find a tracker app (one that tracks hormones/menstrual cycle etc), as these allow you to add in things like cravings, energy levels, hair condition, motivation etc too.



Breathe!!

Take time to relax and just take some deep breaths. Many of us habitually breathe at a faster rate than is natural, so by consciously slowing things down, your body is better able to help you manage stress, sleep better, improve digestion and make you feel calmer

ACTION:

Find a couple of minutes a day to just sit and take some nice deep relaxing breaths. Try the 1-2-3 method???



Have a health check

The NHS offers free annual health checks for over 40's, so take advantage, particularly if you've tried the things above and it's still not hitting the spot. There may be some hormonal issues to fix.

ACTION:

Book an appointment

If you need any help with your journey through midlife, helping you overcome the challenges and come out stronger and healthier than ever before then I'd be happy to chat!

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