

## Mani's Very Peri Monthly Self Management Optimisation Plan – Daily, weekly, monthly

### Daily

- Take prescribed medication – support health & wellbeing
  - Morning walk - with the dog/friend/alone – boost circulation and maintain cardiovascular health, sunlight for circadian reset
  - Drink Creatine in water 3 grams (level teaspoon) – support brain health, muscle recovery
  - Apply estrogen gel and Testosterone HRT supps – support all bodily functions
  - Eat a Protein rich breakfast – helps regulate blood sugar spikes later in the day
  - Eat at least 1 piece of low sugar, fibre rich fruit – improve bowel function
  - Drink at least 1 Tablespoon Apple Cider Vinegar in my water /salad– support digestive health
  - Protein source with lunch – maximise satiety and muscle mass.
  - Aim for a minimum of 2 litres of water – I keep a water bottle at my desk and refill it during break times. – improve hydration
  - Protein with dinner – maintain muscle mass
  - Avoid drinking any alcohol – improves sleep, reduces breast cancer risk, may reduce hot flash occurrence
  - Take magnesium - improved sleep, bodily chemical reaction support
  - Aim for 7 – 8 hours sleep – reduce cortisol and improve elimination of brain toxins.
  - Afternoon walk / (treadmill after dark) – aim for a minimum of 7000 steps daily
- Salad or vegetables with (at least) one meal – improve vitamin profile for immune system and fibre for bowel function.

## Mani's Very Peri Monthly Self Management Optimisation Plan – Daily, weekly, monthly cont'd

### 2 - 3 x per week

- Resistance workout with weights – improve bone density and maintain muscle mass
- 5 – 15 minutes morning sun exposure (sometimes this is just the walk from the work carpark!) – Vitamin D and reset circadian rhythm.
- Journal - 10 minutes - thoughts onto paper to process and reframe thinking, support resolutions / decision making.
- Meal prep for healthy meal and snack options – weight management
- Vitamin/mineral supplement as required depending on foods and lifestyle of the week, nutrient deficiencies identified in blood test eg Vit D, Calcium, iron, Vit C.... – optimal nutrition maintenance.

### 1 x per week (min)

- Longer hike outdoors no less than 10,000 steps – time in nature
- Sauna/float/fast/ yoga/pilates/meditate/quiet time to read – minimum 20 minutes (choose 1 minimum) – regenerate and optimise
- Coffee/brunch/catch up date with friends = community and connection.

**Strong women - strong futures**

**Forewarned + Forearmed = Formidable**