

Menopause QUICK START GUIDE FOR FAT LOSS

Empower360 Foundations



Hi! I'm Lois. Certified Nutrition and Mindset Coach and fellow menopause warrior. I'm 53 and still in the thick of perimenopause.

Like you, I've tried all of the diets. I've stayed active. I've eaten well. And... my body still changed drastically in perimenopause.

This WILL happen. It's okay to want a stronger, healthier body AND still learn to love yourself through the changes.

This changing body is a reality for most women, and the truth is that everything we have done to our bodies in decades past is catching up with us. Add in wildly fluctuating hormones, which add to increased abdominal fat, and it's easy to see why women everywhere are still chasing the quickest results possible.

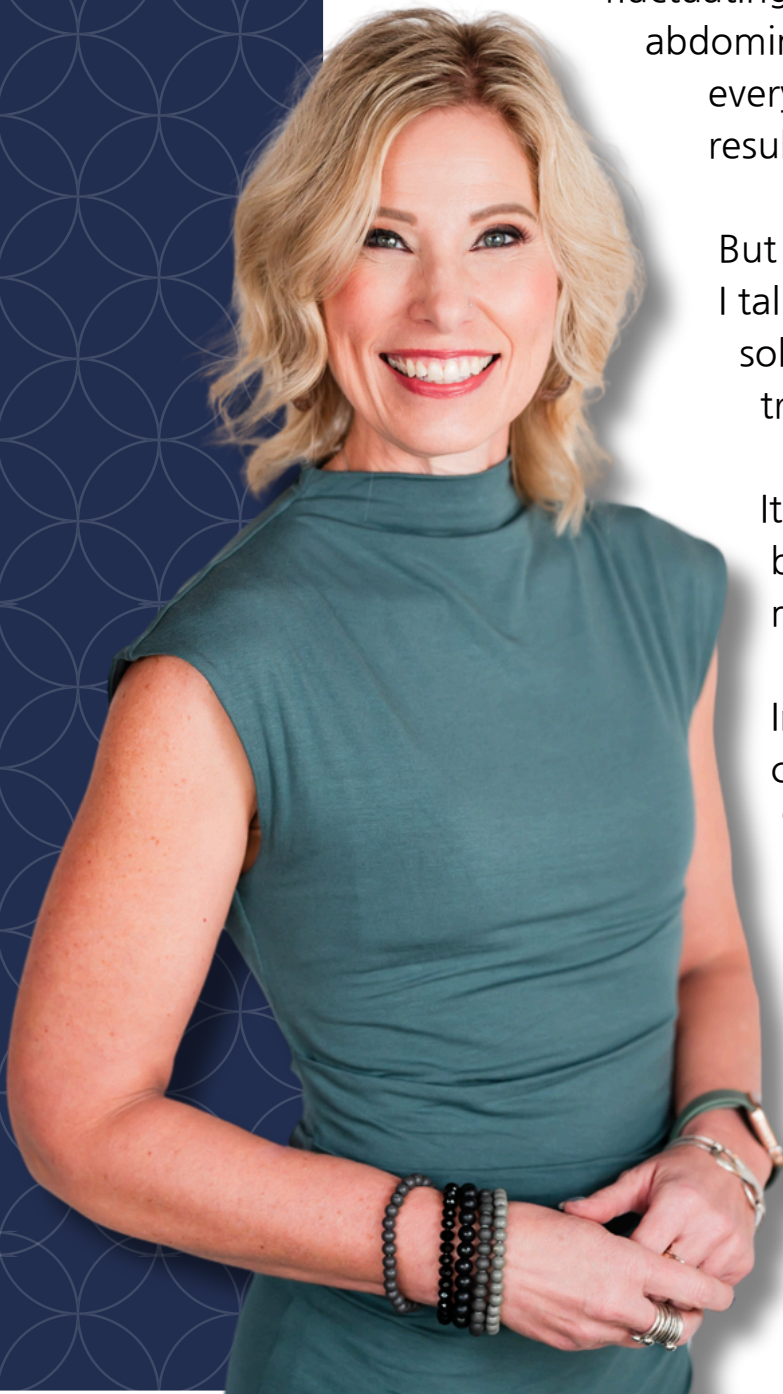
But if you are anything like the 100s of women I talk to, you are ready for a sustainable solution. One that is built on tried and true actions that lead to results.

It's time to leave the diet roller coaster behind and work on fat loss that is married with both health and longevity.

Implement these FIVE foundational components for at least 90 days with 90-95% accuracy. The results will feel slow (.5-1.5 pounds a week on average). but they will be sustainable. Your energy will be through the roof, and you will begin to see changes in your body composition.

I'm so glad you are here, and I'm always cheering you on,

Lois



1. CALORIE DEFICIT

This will always be the main driver for fat loss. If you aren't in a calorie deficit, you will not lose weight. You must spend a short amount of time (even 7 days) tracking your food so that you have a true and accurate account of how many calories you eat. Guessing isn't enough if you are truly serious.

How to calculate: Once you have tracked your calories for 7 days, reduce the average of the total by 15-20%. (Add the total calories from 7 days, including all sneaky calories like oils used in cooking, condiments, dressings, etc. Divide the number by 7 to find your average. Reduce by 15-20%) This should give you a nice, sustainable deficit for fat loss. Alternatively, you can take your goal weight and multiply by 12.

2. PROTEIN & FIBER

When you are in a caloric deficit, eating plenty of protein and fiber will keep you fuller and more satisfied. Protein helps you maintain muscle while losing fat and will aid in keeping your metabolism high. More muscle=higher metabolism=more fat loss.

Fiber is essential for maintaining steady energy levels by slowing the absorption of sugar. In menopause, women have decreased insulin sensitivity. Fiber helps use the glucose for energy instead of storing it as fat.

How to calculate:

Protein-take your goal body weight and multiply by .8-1 This is the approximate amount of protein (in grams) that you should eat in a day. Ex: Goal body weight 145 x .8= 116-145g protein. Take the total number of meals and snacks (3 meals and 1 snack) and divide protein equally.

Fiber-aim for 25g of fiber per day or 14g per 1000 calories.

3. STRENGTH TRAINING

Strength training and protein go hand-in-hand for keeping metabolism high and aiding in fat loss. To retain as much muscle as possible while losing weight, prioritize strength training over any other form of exercise. To retain muscle mass, train with the goal of improving strength and performance each week.

How to:

Find ONE program and stick to it (using weights that are heavy for you) for a minimum of 30 days 3-4 times a week. You can contact us for a program, you can choose one of your own, or work with your own trainer at a gym.

4. NEAT

Otherwise known as Non Exercise Activity Thermogenesis. This is the activity that you do aside from your workouts. It's unfortunately often overlooked, but NEAT accounts for 15-20% of the calories you burn in a day.

How to:

Aim for a minimum of 8000 steps a day. This can be a structured walk (or two), or several smaller walks. Pacing also makes a huge difference. If you are scrolling, you are strolling. Make this your mantra and see how the steps add up!

5. Sleep and Stress Management

A recent study shows that sleeping 5 hours a night instead of 7.5 increases muscle loss by 50%. This slows your metabolism and leads to fat retention.

When stress and sleep aren't managed, cravings and hunger increase.

Lack of food satisfaction can impede your judgment and lead to overeating and poor food choices. A body in any part of the menopause transition has a lesser ability to manage stress due to falling estrogen. This leads to the storage of abdominal fat, making daily management vital.

How to:

Sleep: Turn off all electronics at least 30 minutes before bed. Use blue light blockers, if necessary. Go to bed and wake up at the same time every night. Take Magnesium Glycinate for deeper sleep. If waking to use the bathroom, cut off all liquid consumption two hours before bedtime.

Stress: Practice stress management techniques daily. Gentle yoga, meditation, journaling, hot baths or showers, or breathwork all can help. You may have to experiment to find what is right for you. Make this a daily practice.

BONUS! Cardio

You do not have to do cardio for fat loss, and it should never be prioritized over building strength,

but it is a tool for increasing calorie expenditure while losing fat. Remember-never add “calories burned” back into your caloric deficit.

This will take you out of your deficit and lead to a lack of progress.

How to:

If you choose to do cardio, do whatever it is you enjoy--run, bike, hike, swim, zumba--whatever brings you joy!

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Thank you!

I hope you have found this Menopause Quick Start Guide for Fat Loss helpful.

You have the ability to lose fat and feel amazing with the five tips I've given here. But if you want the support and accountability of a coach by your side to take any guesswork out of the process, my Empower 360 Makeover 1:1 coaching program has helped hundreds of women lose fat, get strong, and live lives full of health and vitality.

This is the best program for women over 40 to get their metabolism working, increase energy, feel in control of food choices, and feel their best again-- maybe for the first time in decades.

My team would be honored to work with you!



Amie Nettrauer

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