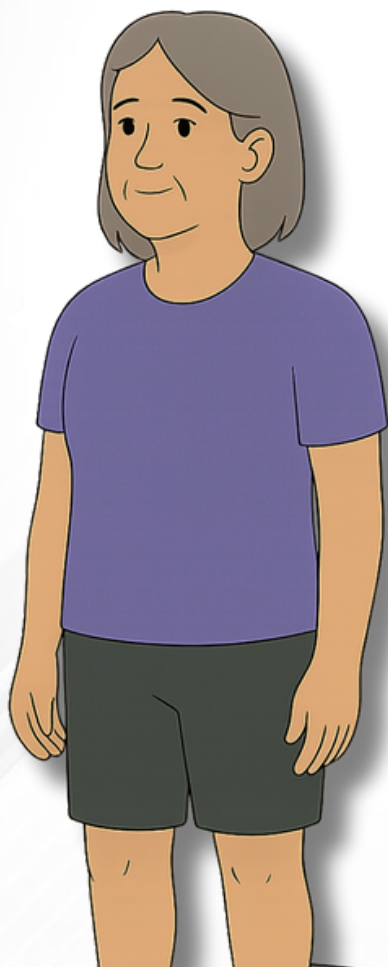




MENOPAUSE PILATES

NICOLA'S JOURNEY



NICOLAS STORY

Nicola never expected things to unravel so quickly. At 45, she felt steady. She liked her body and she felt in control of her life. Work was busy, but she could manage it. Her kids were older and her weekends were hers again. Then came the menopause.

At first it was subtle. She started waking up hot in the middle of the night. Then came the anxiety—out of nowhere. By the time she turned 50, it was like her body had turned on her.

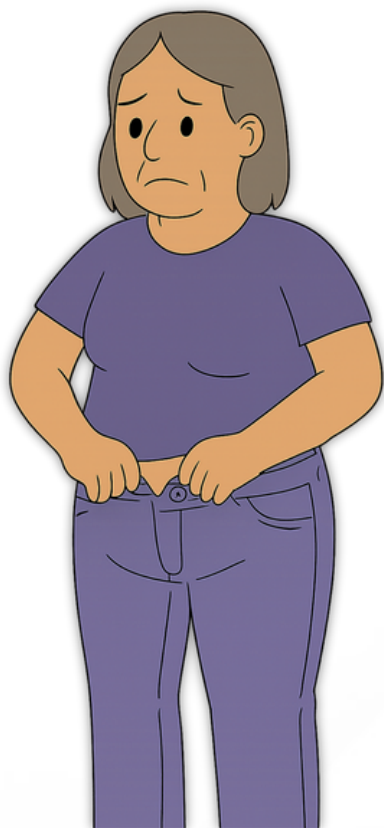
She'd sit in meetings, trying to focus, but her heart would race.

Her face would flush, sweat pooling at her back, just as she stood to speak. She stopped wearing light-coloured clothes altogether.

The weight gain felt like the final blow, she hadn't changed her diet.

But suddenly, her jeans didn't button. Her arms felt soft, and her energy dropped dramatically.

The worst part?



She didn't feel like herself anymore.

The confident, capable Nicola who used to feel at ease in her body had vanished.

One night, after a long day and another poor night's sleep, Nicola was scrolling on her phone when she came across a video: "Pilates for Menopause: Ease Hot Flushes, Reconnect to Your Body." She rolled her eyes, but something in her sparked her curiosity and she saved it. The next morning, instead of dragging herself into another HIIT workout she didn't have energy for, she gave it ten minutes to try some Pilates.

There was breathing, gentle movement, and stretching. It felt... peaceful, so she came back the next morning.

And again the next week. Each time, something shifted. She moved through her days with just a bit more calm.

She started sleeping through the night again, even if just for five hours at first. She decided to join a local class. It wasn't long before her instructor introduced simple strength movements—bridges with light weights, standing leg lifts, and modified planks. It was hard, but Nicola liked it. And with that, she began to feel like Nicola again.

The version of her that's not just surviving this phase—but learning to thrive through it.

This is Nicola's story about how she used Pilates and exercise to heal her menopause!



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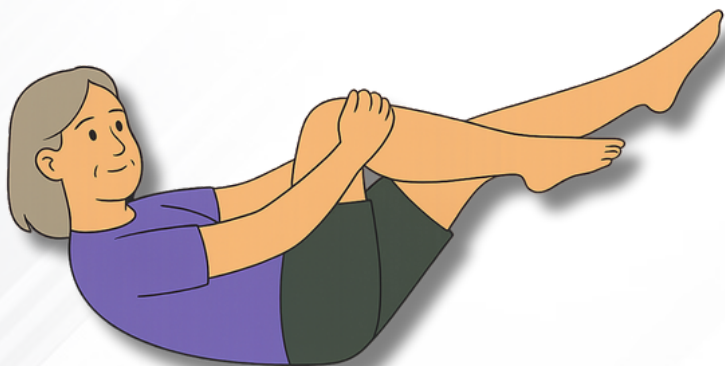
2 BONES IN MOTION

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+ FREE WORKOUTS & TRACKERS



CHAPTER 1

FIRST FLUSH. FIRST FLOW

Nicola had made it halfway through her presentation when it hit her. That now-familiar wave of heat started low in her belly and surged upward like a fire she couldn't put out. Her voice stayed steady—at first—but her thoughts became harder to grip.

Beads of sweat formed at her hairline, and her cardigan clung to her skin. Her blouse felt suffocating.

The heat crept up her neck and into her cheeks, leaving her flushed and breathless.

She paused and smiled tightly.

"I'm just going to take this off—it's warm in here, isn't it?"

She joked, slipping off the cardigan with a shaky laugh.

No one said anything. They nodded politely. But Nicola knew what they were seeing—she was unraveling.



She made it through the rest of the meeting, barely. Afterwards, she sat in her car, gripping the steering wheel with both hands, her breath shallow and fast.

She felt embarrassed, confused, and overwhelmed. When she got home that night, she didn't turn on the TV. She opened her laptop and typed into the search bar: "Hot flushes at work. Menopause. How to stop the panic."

How can we recognise our own personal breaking points?

SYMPTOMS OF THE MENOPAUSE

Perimenopause is the transition phase before menopause. It can start as early as your mid-40s and last several years. Estrogen levels fluctuate unpredictably—rising and falling—causing a wide range of symptoms.

What are the common symptoms (Perimenopause & Menopause?)

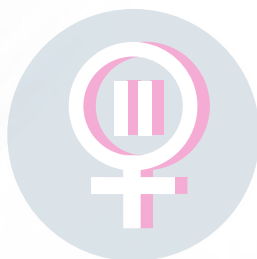


Physical Symptoms

- Hot flushes—sudden heat, sweating, red face and chest
- Night sweats—waking up drenched, sheets soaked
- Weight gain—especially around the stomach, despite no lifestyle changes
- Fatigue—constant tiredness that sleep doesn't fix
- Joint pain & stiffness—often in hips, knees, back
- Headaches or migraines—hormonal shifts can trigger more frequent episodes
- Insomnia—trouble falling or staying asleep
- Heart palpitations—noticeable or irregular heartbeats
- Vaginal dryness—discomfort or irritation during intimacy
- Loss of libido—reduced sexual desire or sensitivity
- Thinning hair or dry skin—due to lower estrogen levels
- Increased bloating—digestive changes, fluid retention
- More frequent UTIs or incontinence—due to weakening pelvic muscles

Mental & Emotional Symptoms

- Brain fog—forgetfulness, difficulty concentrating
- Mood swings—feeling irritated, tearful, or anxious with no clear reason
- Anxiety or panic attacks—sudden nervous energy or racing thoughts
- Depression or low mood—a sense of flatness or disconnection
- Low confidence or self-esteem—feeling "off," "not yourself," or invisible



DID YOU KNOW?

1. Menopause is defined as 12 months without a period.

- It marks the end of natural reproductive function.
- The average age of menopause in the UK is 51.
- (Source: NHS, 2023)

2. Estrogen drops by up to 90%.

- Estrogen is critical for bones, brain, skin, and heart health.
- Its sharp decline triggers symptoms such as hot flushes, bone loss, and mood swings.
- (Source: British Menopause Society)

3. Women can lose up to 20% of their bone density in the 5 years post-menopause.

- This greatly increases the risk of osteoporosis and fractures.
- (Source: National Osteoporosis Foundation, 2023)

4. Menopausal hormone changes impact the brain.

- Estrogen affects brain function and neurotransmitters like serotonin and dopamine.
- This contributes to brain fog, anxiety, mood swings, and sleep disruption.
- (Source: The Lancet Neurology, 2021)



5. Strength training and weight-bearing exercise slow bone loss.

- Resistance training stimulates bone formation and preserves muscle.
- Women doing regular weight training have better balance, posture, and reduced fall risk.
- (Source: Journal of Strength and Conditioning Research, 2020)

6. Heart disease risk rises after menopause.

- Oestrogen protects blood vessels and cholesterol balance.
- Postmenopausal women are more prone to high blood pressure and cardiovascular issues.
- (Source: British Heart Foundation, 2022)

7. Hot flushes can last over 7 years.

- The average duration of vasomotor symptoms (hot flushes, night sweats) is 7.4 years.
- (Source: JAMA Internal Medicine, 2015)

8. HRT is safe and effective for most women under 60.

- Hormone replacement therapy can relieve symptoms, protect bones, and improve quality of life.
- Risks are low for most, especially when started before age 60.
- (Source: NICE Guidelines, 2022)

How many of the above facts were you aware of?

Nicola felt frustrated and fed up! Something had to change. So what did she do that evening when she got home, and what did she discover?

She scrolled, clicked, and scrolled again some more. Then she found it:

A 15-minute Pilates session for menopause relief. It featured gentle movement and calm breathing, and no equipment was needed. It wasn't what she was looking for—but something in her clicked. She rolled out her old yoga mat, took a breath, and pressed play. The instructor's voice was soft.

Nothing rushed. Nothing loud.

"Place one hand on your chest, the other on your belly," she said. **"Inhale through your nose. Feel your ribs expand. Exhale slowly through your mouth."**

Nicola followed along, unsure at first. But as she moved—small stretches, slow twists, controlled breaths—something began to shift.

Her shoulders dropped and her chest loosened.

For the first time in weeks, her body didn't feel like it was fighting her.

She didn't sweat, and she didn't panic.

She just... breathed.

When the session ended, she lay there on the mat.

She closed her eyes, and her heart felt steady. For the first time that month, she felt like she could exhale—fully, freely, without fear.



Action for you

Next time the heat rises or your chest tightens, pause.

Place one hand on your belly.

Inhale through your nose.

Exhale slowly through your mouth.

Do it five times.

Let each breath remind you—you are still in control.

Lateral Breathing: What It Is and Why It Helps

When Nicola first started Pilates, one of the most surprising things she learned was how to breathe—properly.

Not the shallow, rushed kind she'd gotten used to.

But lateral breathing—the kind that fills the sides of your ribcage, not just your chest.

This type of breath became her anchor.

Especially during hot flushes, stress, or nights she couldn't fall asleep.

So why is it so powerful?

Lateral breathing helps stimulate your parasympathetic nervous system—the part of your body that tells you you're safe.

It slows your heart rate and reduces feelings of panic.

It helps you stay grounded in the moment—rather than getting swept away by it.



HOW TO PRACTISE LATERAL BREATHING

Find a comfortable position.

1

Lie on your back with knees bent and feet flat on the floor. Or sit tall in a chair with both feet grounded.



Place your hands on your ribcage.

2

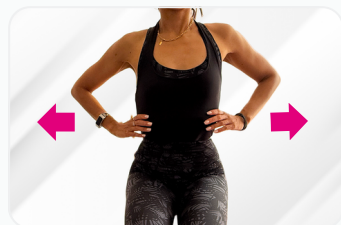
Wrap your fingers around the sides of your ribs—not your belly or chest.



Inhale through your nose.

3

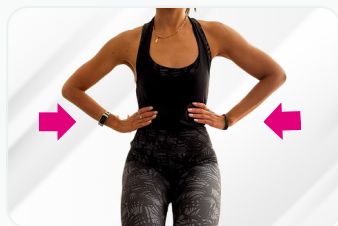
As you inhale, aim to expand the ribcage out to the sides—like an umbrella opening sideways. Your belly stays gently engaged. Your chest doesn't rise. Only the ribs widen.



4

Exhale slowly through your mouth.

As you exhale, feel the ribs draw back in. Keep your breath smooth and controlled. Let your shoulders stay relaxed.



Repeat for 5 full cycles. Inhale for a count of 4. Exhale for a count of 6.

At first, this might feel strange.

You may even realise how shallow your regular breathing has become. Each time you practice lateral breathing, you're giving your nervous system the signal to slow down. Nicola started doing this each morning before work. Then again at her desk when a hot flush came on. It became a habit—one that changed how she moved through her day.

It's simple, it's quiet, and it's always available to you. Start now. Place your hands on your ribs—and breathe.



CHAPTER 2

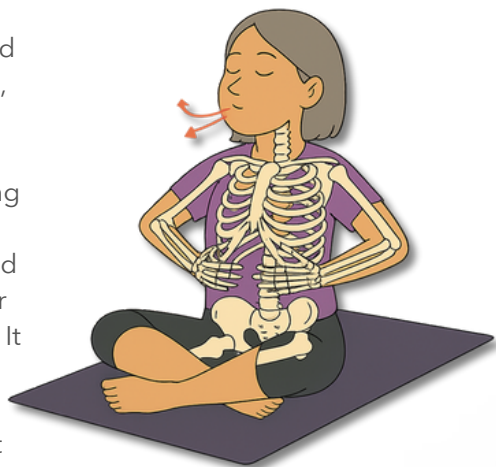
BONES IN MOTION

Four weeks into her Pilates journey, Nicola noticed something strange. Her body was still changing—but this time, it wasn't letting her down; instead it was waking up. Her instructor had introduced new movements—standing leg lifts, hip hinges, and variations of shoulder bridges. They weren't fast or flashy. But they demanded something Nicola hadn't felt in a while: control, stability, and strength.

One morning, during class, her instructor said,

"The key to stronger bones isn't just movement. It's resistance with alignment."

Nicola paused. She'd never thought about it like that. All the years she'd walked, stretched, and occasionally jogged—she'd move, but she hadn't really loaded her body. She'd never trained with bone health in mind. Now, holding a shoulder bridge with a mini band around her thighs, she could feel her hamstrings switch on, her glutes fire, and her core stabilise. It wasn't easy—but she liked the feeling. Her body started to feel like it was working again. Not just surviving the day, but building itself back.



One afternoon, she took the stairs at work without thinking. By the time she reached the top floor, she stopped. There was no knee pain and zero breathlessness. Just a quiet, satisfying moment of strength. She hadn't even realised how much discomfort she'd been putting up with—until it wasn't there anymore.

She went home that night, kicked off her shoes, and rolled out her mat for another Pilates session. She did leg lifts, heel raises, and bridge pulses. Ten minutes was enough for her that day; she felt grounded, strong, and capable.

That night, she looked up the numbers: women can lose up to 20% of their bone density in the five years after menopause.

No one had ever told her that; she had no idea! But now she knew, and she wasn't waiting for a scan or a warning to start doing something about it. She already had.

Action for you

Wherever you are—stand tall. Lift your heels slowly, hold at the top, and lower with control.

Do it three times. Repeat twice a day and see how your balance gradually starts to improve.

It might feel small. But so did Nicola's first step and that's what rebuilt her from the ground up.



WHY DOES BONE DENSITY DECREASE SO MUCH?

Bone density decreases significantly in perimenopausal and menopausal women because of a sharp decline in estrogen, a hormone that plays a major role in maintaining bone strength. Here's what happens and why:

1. Estrogen protects bone tissue

Estrogen helps:

- Slow the breakdown of old bone
- Stimulate the formation of new bone
- Support calcium absorption

When estrogen levels drop during perimenopause and menopause, the balance shifts:

- Bone is broken down faster
- Bone rebuilding slows down

This causes bones to become thinner, more porous, and weaker over time.

2. The rate of bone loss increases quickly

Women can lose up to 10-20% of their bone density in the first 5 years after menopause.

(Source: National Osteoporosis Foundation, 2023)

This accelerated loss mostly affects the spine, hips, and wrists—which are the most common sites for osteoporosis-related fractures.

3. Why it matters

Weakened bones increase the risk of:

- Osteopenia (lower bone mass)
- Osteoporosis
- Fractures from minor falls or even simple movements

And because bone loss is silent, many women don't know it's happening until a fracture occurs. This also happens to men as they age, but for the purpose of this ebook, I will be discussing the effects for women!

4. What helps slow it down?

- Strength training and weight-bearing exercise (like Pilates, squats, walking, jumping)
- Adequate protein and calcium intake
- Vitamin D for absorption
- Balance and mobility training to reduce fall risk (Pilates is THE BEST way to do for this)!
- In some cases, HRT (Hormone Replacement Therapy) may be recommended by doctors to help protect bones



CHAPTER 3

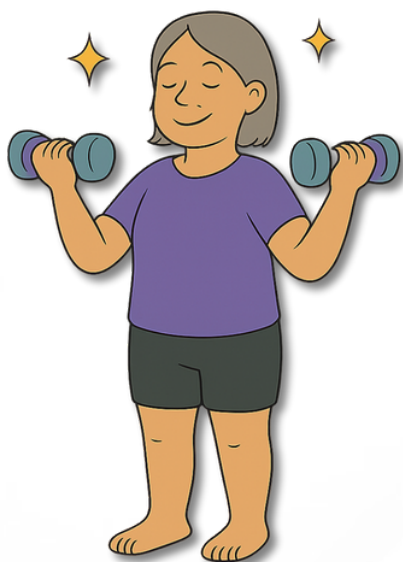
BUILDING SUSTAINABLE HABITS

It had been a while since Nicola had picked up anything heavier than a shopping bag. Weights belonged in gyms, she thought—grunting men, loud music, and sore knees. She was 50, going through menopause, and just getting used to gentle Pilates. But her instructor had other ideas.

"Let's add some light weights today," she said one morning, handing Nicola a pair of two-kilo dumbbells. Bicep curls, wall squats, and something called a "dead bug." Nicola laughed at the name but focused hard on getting the form right.

At first, her arms trembled with the smallest effort. Wall squats made her thighs burn. The dead bug had her core shaking. But she kept going one breath at a time, one rep at a time.

By Week 3, she realised something had shifted. She was standing taller. Not consciously—her body was just doing it. Her shoulders rolled back and her chest stayed open. She no longer caught herself slouching while waiting for the kettle to boil. That's the beauty of Pilates!



Even grocery shopping felt easier. Lifting bags from the car no longer left her off balance or sore. Her core was holding her together in a way she hadn't felt in years. By Week 5, she held her first full plank. It wasn't long—but it was strong.

By week 8, she stepped into a lunge, added a twist, and smiled. She felt steady, powerful, and capable.

Not the kind of strong that came from punishing workouts or chasing calories. But a deeper kind. A kind she could feel in her bones, in her breath, and in her confidence. She started using weights at home too—just for 10 minutes after work. Sometimes in slippers. Sometimes in pyjamas. But always with focus. She no longer feared getting weaker with age. She was building strength on her own terms.

Reflect

What everyday task feels easier for you lately?

Climbing stairs? Lifting shopping? Standing for longer?

Notice and celebrate it. That's what progress really looks like.



WHY IS WEIGHT TRAINING SO IMPORTANT FOR WOMEN LIKE NICOLA?

Heavier weight training during menopause offers powerful benefits, backed by research:

Bone Density & Skeletal Strength

Menopause accelerates bone loss. Lifting weights puts mechanical stress on bones, triggering osteoblasts (bone-forming cells). A meta-analysis showed resistance exercise 3 days/week for less than a year significantly improved lumbar spine and femoral bone mineral density vs. no intervention

The Mayo Clinic affirms that weight-bearing activity during and after menopause helps increase bone density and reduce osteoporosis risk.

Maintaining Muscle & Metabolism

With estrogen decline, women lose about 5-10% muscle mass after age 50. A 20-week resistance-training program showed it can reverse age-related muscle loss, preserving function and reducing fall and fracture risk

Strength training also raises resting metabolic rate, helping with weight management during menopause.



Mental Health & Mood

Resistance training delivers a mental boost too. Studies report significant reductions in anxiety and improvements in mood, energy, and mental resilience for menopausal women after regular weight sessions. Even a 16-week program showed improved emotional well-being.

Balance, Stability, Functional Mobility

Building muscle improves balance and posture, reducing fall risk. A recent Exeter University study found a 19% increase in hip strength and improved balance, mobility, and stability in women 40–60 after a resistance program.

Hormonal & Vasomotor Symptoms

Regular strength training also helps ease hot flushes and regulates heart rate and blood pressure, making everyday life calmer and more manageable.

Pilates

Pilates is essential for women over 50 as well. Pilates also helps to boost muscle mass, it allows for quicker recovery, and it focuses on strengthening your core. Having a strong core supports your weight training, so do not skip your Pilates workouts either!

Benefits of Exercise

Stronger bones, Higher bone mineral density, Preserved muscle, Combat sarcopenia and boost metabolism, Better mood, Less anxiety and improved wellbeing, Enhanced stability, 19% increase in hip strength, balance improvements, Eased symptoms, Reduced hot flushes, stable heart/blood pressure.

Implementing moderate resistance training—2-3 sessions per week focusing on major muscle groups—can transform your menopause journey. It's not just about lifting more weight. It's about lifting yourself—and feeling stronger, calmer, more connected.

HERE IS A SIMPLE 20 MINUTE ROUTINE

This is a simple 20-minute routine with strength, cardio, and a Pilates-based cool down that you can follow along from home. It's designed to support bone health, strength, and energy—while staying joint-friendly and mindful.

Total Time: 20 minutes

- Strength + Cardio Circuit (Main Phase): 10 minutes
- Pilates Cool Down: 10 minutes
- Equipment: 2-5kg dumbbells, mat, optional cushion for knees

I recommend starting with a light weight and then building up to a heavier weight as you start to build strength!

Strength + Cardio Circuit (Main Phase)

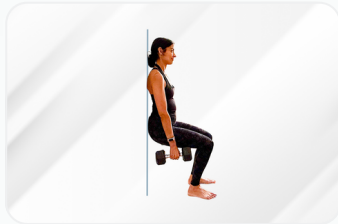
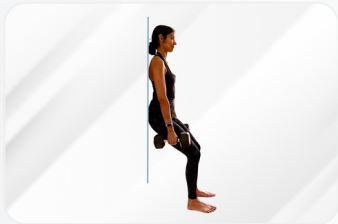
Format

- 10 exercises
- 45 seconds work, 15 seconds rest
- 1 round = 10 minutes



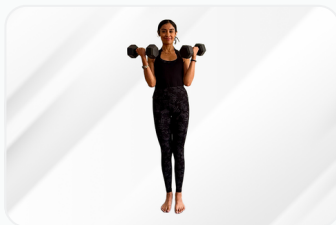
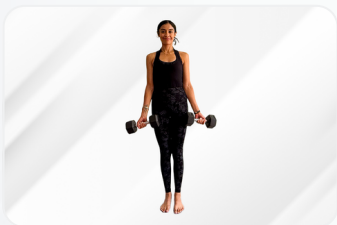
Exercise 1

- Wall Squat with Dumbbells
- Back against the wall, hold dumbbells at shoulders
- Sit and hold with a focus on breath and core engagement, aiming to sit for 45 seconds with no rest



Exercise 2

- Bicep Curls (Standing)
- Controlled curls with elbows fixed by your sides



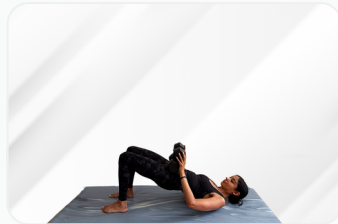
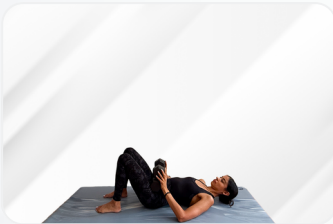
Exercise 3

- Overhead Shoulder Press
- Press dumbbells upward, keep your core tight to protect the spine



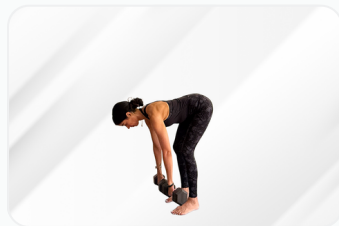
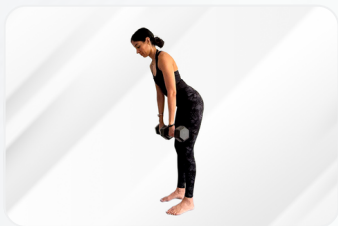
Exercise 4

- Glute Bridge with Dumbbell
- Lie on your back, dumbbell at hips, lift and lower with control



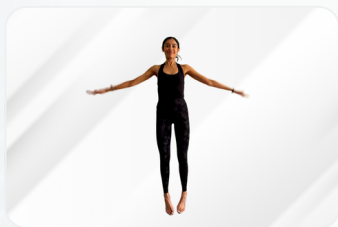
Exercise 5

- Hip Hinge / Romanian Deadlift
- Dumbbells in hand, soft knees, hinge from hips with flat back control—inside and out.



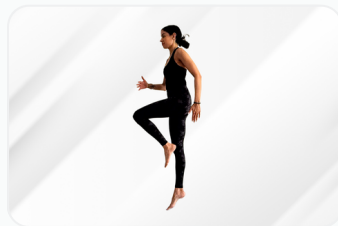
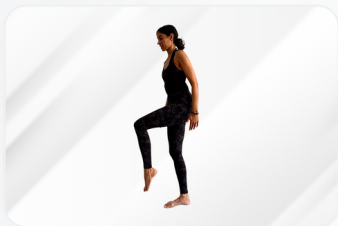
Exercise 6

- Star Jumps (or step-out jacks)
- Classic cardio move for heart rate and bone loading
- Step out one leg at a time if needed



Exercise 7

- Hop Jumps (or March in Place with Punches)
- Small controlled hops in place to build coordination
- Modify with high knee marching and strong arm punches



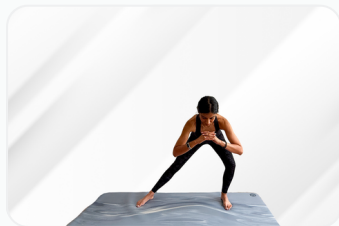
Exercise 8

- Dead Bug (Bodyweight or with light weights)
- Lie on back, arms and legs alternate lowering slowly
- Core control and spine stability



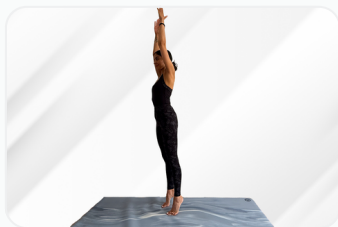
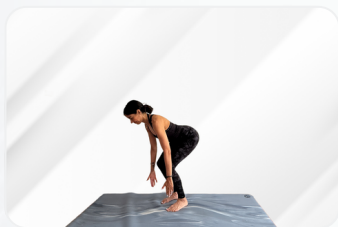
Exercise 9

- Side Lunges (Bodyweight)
- Step wide, shift weight side to side
- Improves hip strength and lateral movement



Exercise 10

- Squat to Tiptoe Reach
- Squat down, rise up to tiptoe with arms overhead
- Encourages balance, mobility, and lower body strength

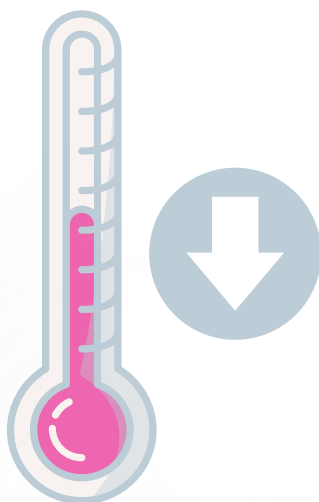


10-Minute Cool Down

- Cat-Cow Stretch × 6 reps
- Thread the Needle × 3 each side
- Shoulder Bridge (no weight) × 6 reps
- Kneeling Hip Flexor Stretch × 30 sec each side
- Hip Rolls × 1 minute
- Legs Up the Wall or Chair and rotate at the hips × 2 minutes

A Pilates cool down is especially helpful during menopause because it supports both physical recovery and hormonal balance. As estrogen levels drop, women often experience higher cortisol, joint stiffness, and disrupted sleep.

A proper cool-down helps reduce stress hormones, improves circulation, and gently stretches the joints to ease tension. It also helps regulate body temperature—key for managing hot flashes—and calm the nervous system, making it easier to wind down. This combination of movement and breath promotes better recovery, mobility, and sleep, all of which are often disrupted during menopause.



CHAPTER 4

NUTRITION THAT FEEDS MUSCLES & MOOD

Nicola never used to think much about food beyond calories. She'd spent years choosing the "light" versions of things—low-fat yoghurts, 100-calorie snack packs, and endless salads. It felt like the right thing to do. But as menopause hit and her body changed, those choices started to feel... empty. She was tired all the time. Hungry an hour after eating. Bloating for no reason, and no matter how "good" she was being, the weight still came.

It wasn't until her Pilates instructor mentioned nutrition in class that something clicked.

"If you're not fuelling your muscles, how can they support you?"

Nicola sat with that question longer than she expected to. She started reading, researching, and experimenting, and what she found surprised her.



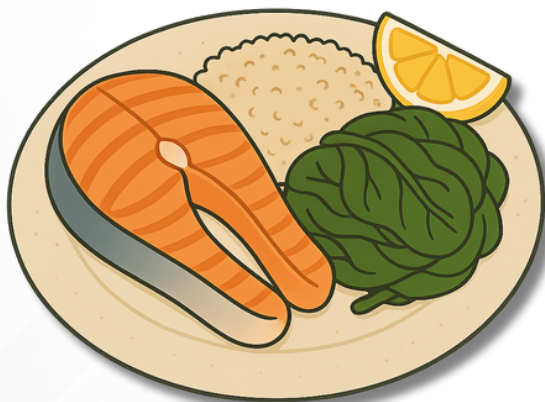
The real game-changer? Protein. Not necessarily in shakes or powders, but on her actual plate. Foods such as grilled chicken with lentils, greek yoghurt with berries and seeds, and eggs with sourdough and spinach. Real food that left her full—and satisfied.

She added flaxseed to her breakfast for its phytoestrogens—plant compounds that support hormonal balance. She made space for oily fish like salmon twice a week to boost her vitamin D, which is essential for mood and bone health.

And the greens? She used to think salads were punishment. Now she tossed spinach into nearly everything—for the calcium and the colour. Her go-to meal became simple:

Grilled salmon, steamed spinach, quinoa, and a squeeze of lemon.

This meal is balanced, nourishing, and simple to prepare. She wasn't eating to shrink herself anymore, but to support herself.



After a few weeks, Nicola noticed more than just less bloating and fewer sugar cravings. Her energy felt steadier. Her mood didn't swing as wildly. She wasn't as foggy in the afternoons, and most of all—her workouts felt stronger.

Pilates, strength training, long walks—everything became easier when her body was actually being fed properly. She stopped chasing “less” and started giving herself more of what she really needed.

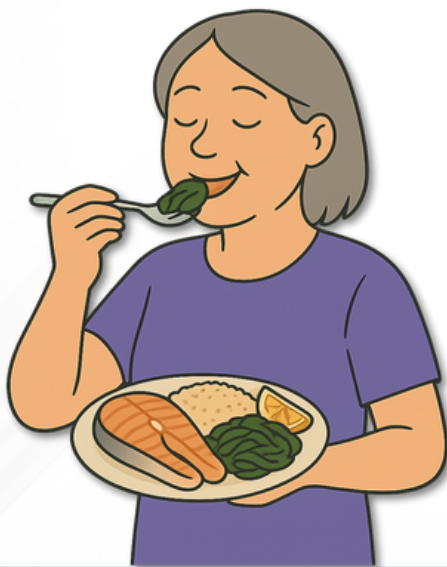
Action for you

Today, build one “protein + produce” meal.

Think

- Grilled chicken and roasted veggies
- Eggs and spinach
- Lentils and sweet potato
- Tofu and stir-fried greens

Keep it simple, and like Nicola, you'll feel the difference—bite by bite.



CHAPTER 5

CALM, COLLECTED CAPABLE

Nicola never thought she'd look forward to 6 a.m. But now, twice a week, that early morning slot means something more than a routine. It means strength. Her calendar has a standing 20-minute block—every weekday at 6 a.m.—just for herself.

Three mornings are gentle, breath-led Pilates flows. But on Tuesdays and Fridays, she picks up her dumbbells and does a heavier weights training session. She focuses on slower reps, she makes sure she focuses. The first few sessions were intimidating, her body wobbled and her breath shortened.

But now, she moves with confidence—bicep curls, wall squats, shoulder presses. She feels every muscle switch on. She finishes those sessions standing taller, with a quiet kind of pride.

Before high-pressure HR meetings, Nicola still comes back to breathe. Inhale, grow tall. Exhale, engage. She's calmer and more grounded.



Her voice no longer wavers, even when conversations are tough. She's noticed something else—others have too. Colleagues now come to her for advice not just on policies but on how to cope.

When someone feels burnt out or tense, she shows them a stretch. Side reaches at the desk, seated twists. Breathe to reset. Without realising it, Nicola has become the wellness guide in her office. Not loud or flashy—but steady and real. Someone people trust.

Her daily movement routine is simple—but sacred:

- Monday, Wednesday, Thursday: Breath-led Pilates for flow and focus
- Tuesday & Friday: Heavier weights for strength and stamina
- Micro-routine anytime:
 - Morning cat-cow × 3
 - Coffee break hip opener × 2 minutes
 - Evening side-lying leg lifts × 15 each side

No pressure. No punishment.

Just consistent movement that supports her through menopause and beyond.



The woman who once felt like her body was slipping away from her now wakes up feeling capable. She doesn't chase the version of herself from ten years ago. She builds strength for the version of herself she is now—resilient, present, and powerful.

Future prompt

Who could you invite to try a session with you? A friend? A partner? A colleague?

Or maybe, like Nicola, you'll start solo—and find everything you need right there on the mat. One breath, one rep, one strong choice at a time.

Nicola's story is one many can relate to—she felt tired, stiff, and disconnected from her body as menopause symptoms crept in. The hot flushes, poor sleep, and sudden mood swings made everyday life feel heavier.

At first, she thought pushing through or doing nothing were her only options. But when she started Pilates, everything shifted. She didn't just build strength—she found space to breathe, to slow down, and to reconnect with herself. Now, Nicola feels more in control, more at ease, and more alive in her body than she has in years. Menopause doesn't mean giving up on feeling good. You deserve movement that supports you—calm, strong, and completely in tune. Pilates can help you get there.



You don't need to follow Nicola's exact path - but you can create your own. Her journey is real and proof that anyone can begin, no matter their age, ability, or budget.

You don't need fancy equipment or expensive classes to get started. You can begin right now - completely free by following my workouts on Youtube.

GET STARTED →

CLICK FOR WORKOUTS

The key is starting. Start small. Start real. Start in a way that feels doable for you.

On the next pages, you'll find a free menopause symptom and health tracker. It's designed to help you stay consistent, notice patterns, and build momentum. Tracking isn't about pressure - its about awareness. It helps you see how far you've come and what's working.

This is your journey - make it personal, keep it simple, and take it one day at a time.



MENOPAUSE

WEEKLY SYMPTOM TRACKER

SYMPTOM	SCORE	SCORE	SCORE	SCORE	SCORE
INTERRUPTED SLEEP					
HEAT SHOCKS					
WEIGHT FLUCTUATION					
FREQUENT URINATION					
IRREGULAR MENSTRUAL CYCLE					
MOOD SWINGS					
DIGESTIVE ISSUES					
EYE DRYNESS					
FATIGUE					
LIBIDO LOSS					
PERIODS STOP					
DRY SKIN					
HAIR THINNING					
ANXIETY / BRAIN FOG					
SWEATING					
BODY PAIN					
ADULT ACNE					

POINTS: MILD (1) MODERATE (2) SEVERE (3)

DATE: _____



HEALTH

DAILY TRACKER

EXERCISE	SETS	REPS	WEIGHT	TIME

WATER INTAKE:



MOOD:



SLEEP HOURS:

GOAL:



TOTAL STEPS:

GOAL:



CALORIES EATEN:

GOAL:



CALORIES BURNT:

GOAL:



5 A DAY:



WEIGHT:

Im Natalia, a certified Pilates Instructor. I am dedicated to supporting you on your fitness journey. Whether you're just starting out or looking to deepen your practice, I can help you tailor a plan that fits your fitness goals. Let's connect and discuss how Pilates can enhance your well-being.

Join our community to receive a free weekly Pilates plan delivered to your inbox every Sunday, along with tips and resources to keep you motivated. Ready to take the next step? Reach out to me, and let's start your path forward.

GET STARTED →

JOIN THE COMMUNITY

GET STARTED →

CONNECT WITH ME



NATALIA X