THE STUCK TO STRONG SERIES

FOR PERIMENOPAUSE AND BEYOND

Menopause Strong

Train, eat and thrive through perimenopause and beyond



Mark Saker

Personal Trainer · Nutrition Coach · Menopause Coach

Fit By Choice · fitbychoice.co.uk

Nutrition powered by Compound Nutrition (CN^2)

MEET YOUR COACH

Hello, I'm Mark

I'm Mark, founder of Fit By Choice and a Certified Menopause Coach.



I've seen too many women told that menopause is just something to put up with. It isn't. With the right training and nutrition, you can feel stronger than you did at 30.

Everything in this guide is what I use with the women I coach at my studio in Bexhill-on-Sea and online across the UK: strategies that work with your hormones, not against them.

Qualified and experienced

- ✓ CIMSPA Level 3 Advanced Personal Trainer
- ✓ Certified Menopause Coach
- ✓ Founder of Compound Nutrition (CN^2)
- ✓ Private studio in Bexhill-on-Sea, online UK-wide

10+	200+	5★
YEARS COACHING	CLIENTS TRANSFORMED	GOOGLE REVIEWS

WHAT CLIENTS SAY

“Mark is an inspirational coach. I came to him after struggling through menopause and not knowing what to do. He completely changed my approach and I feel like myself again.”

Claire M., St Leonards ★★★★★

THE CHALLENGE

What's really going on

Perimenopause can start in your early to mid 40s and last for several years. If your body suddenly feels unfamiliar, there's a reason, and there's a lot you can do about it.

Does this sound familiar?

- ✓ Hot flushes and night sweats are wrecking your sleep
- ✓ Brain fog, low mood or anxiety that feels new
- ✓ Weight gain round your tummy with no change in habits
- ✓ Achy joints and less energy for the things you enjoy
- ✓ Cravings that feel impossible to ignore
- ✓ A sense that your body just isn't yours any more

Why it happens

Falling oestrogen affects far more than your periods. It speeds up the loss of muscle and bone density, changes where your body stores fat and can disrupt sleep, mood and energy. That's why the approaches that worked in your 30s often stop working now.

How this guide helps

- ✓ A strength plan designed to protect your muscle, bones and joints
- ✓ Five nutrition habits that support your hormones, energy and sleep
- ✓ Practical sleep, stress and habit tools, plus a tracker to spot your patterns

YOUR TRAINING PLAN

Your menopause strength plan

3 days a week · 40 minutes · plus a daily walk

Lifting progressively heavier weights is one of the most effective things you can do in menopause. It protects your muscle and bones, supports your metabolism and helps with mood and sleep.

MON	TUE	WED	THU	FRI	SAT	SUN
TRAIN	Walk	TRAIN	Walk	TRAIN	Walk	Rest

Warm-up (5 minutes): 2 minutes brisk walking, 10 bodyweight squats, 10 hip hinges and 10 wall press-ups.

#	EXERCISE	SETS x REPS	COACHING CUE	VIDEO
1	Goblet Squat	3 x 8-10	Dumbbell at your chest, sit down between your heels, breathe out as you stand.	▶ Watch
2	Dumbbell Deadlift	3 x 8-10	Push your hips back, keep the weights close and your back flat.	▶ Watch
3	Overhead Press	3 x 8-10	Ribs down, core braced, press the dumbbells straight up.	▶ Watch
4	Bent-Over Row	3 x 10	Hinge forward with a flat back and squeeze your shoulder blades together.	▶ Watch
5	Pallof Press	3 x 10 each side	Band anchored at chest height. Press out and resist the twist.	▶ Watch
6	Step-Ups	3 x 8 each leg	Build up to small, controlled hops if comfortable, to support bone health.	▶ Watch

How to progress: Heavier weights build muscle and bone, so increase gradually when the last two reps feel easy. Breathe out on the effort to protect your pelvic floor. Rest 60 to 90 seconds between sets. Check with your GP first if you have a medical condition.

Eat to support your hormones

You can't diet your way through menopause, but the right foods can ease symptoms, protect your muscle and bones and steady your energy.

1

Protein at every meal

A palm or two per meal helps protect the muscle that falling oestrogen puts at risk.

2

Build strong bones

Calcium from dairy or fortified alternatives, oily fish and leafy greens, plus daylight for vitamin D.

3

Fibre and plant power

Beans, lentils, flaxseed, soya and plenty of veg support gut health, fullness and hormone balance.

4

Know your triggers

Alcohol, caffeine and spicy food can worsen hot flushes and sleep. Notice what affects you.

5

Steady your energy

Regular balanced meals and plenty of water help level out energy dips and cravings.

Want a plan built around you?

Compound Nutrition (CN^2) is my specialist nutrition service, from a 45-minute Nutrition MOT to a full 8-week goal programme. Find out more at compoundnutrition.co.uk

MINDSET & HABITS

Sleep, stress and self-kindness

Menopause is a transition, not a failure. Looking after your sleep, stress and mindset matters just as much as training and nutrition.

01

Be kind to yourself

Some weeks will be harder than others. Progress still counts, even when it's slow.

02

Protect your sleep

A cool, dark bedroom, a regular bedtime and a wind-down routine make a real difference.

03

Walk and breathe

A daily walk outdoors and a few minutes of slow breathing help lower stress.

04

Track your patterns

Note symptoms, sleep and wins to spot what helps and what triggers you.

05

One habit at a time

Master one change before adding the next. Small steps add up.

06

Find your people

Talk to friends, your GP and others going through it. Support matters.

Your 4-week habit tracker

Tick a box for each day you hit the habit (Monday to Sunday).

HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Strength session (3 a week)	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Protein at every meal	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Daily walk outdoors	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Wind-down routine	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Symptoms noted	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐

YOUR NEXT STEP

Ready to make a change that actually sticks?

You don't have to figure it out alone.

Book your free, no-obligation consultation. We'll talk through your goals, what's been holding you back and build a plan that finally works for you.

How I can help

- ✓ Personal training at my private studio in Bexhill-on-Sea
- ✓ Online coaching with personalised programmes and weekly check-ins, UK-wide
- ✓ Nutrition coaching with Compound Nutrition (CN^2), from a Nutrition MOT to a full 8-week programme

BOOK YOUR FREE CONSULTATION →

Call 07864 069326

Email mark.saker@fitbychoice.co.uk

Web fitbychoice.co.uk

Instagram @markfitbychoice

Studio 115 Belle Hill, Bexhill-on-Sea, TN40 2AP (parking available)

Important

This guide is for general information only and is not medical advice. Please check with your GP before starting any new exercise or nutrition plan, especially if you are pregnant, have a medical condition or take medication. Stop any exercise that causes pain and seek advice.

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