



FIT BY CHOICE

THE FREE GUIDE

Strength Through Menopause.

Five things every woman over 40 should know about training, energy and getting **from stuck to strong** — plus a simple starter workout you can begin this week.

A **FREE** guide from Fit By Choice

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You're not stuck. You just need a different plan.

If you're in your 40s or 50s and feel like your body has stopped responding the way it used to — the weight that won't shift, the energy dips, the strength that seems to have quietly disappeared — you're not imagining it, and it's not your fault.

Perimenopause and menopause change how your body builds muscle, stores fat and recovers. The good news: the right kind of training doesn't just help you cope — it's one of the most powerful tools you have for feeling strong, energised and confident again. This short guide covers the five things that make the biggest difference, and gives you a simple workout to start with.

THE ESSENTIALS

5 things that actually move the needle

1 Lift weights — properly, and progressively

From your 40s, you naturally lose muscle each year, and menopause speeds this up. Strength training is the single best way to reverse it. It protects your bones, lifts your metabolism, and is what actually changes your shape. "Toning" is just building muscle — so don't be afraid to challenge yourself with real resistance.

2 Protein is your best friend

Your body gets less efficient at using protein to build and keep muscle during menopause, so you need more of it than you used to — spread across the day. A palm-sized portion of protein at each meal is a simple, effective target that also keeps you fuller for longer.

3 More cardio isn't the answer

Endless cardio can raise stress hormones and leave you tired and no leaner. A little is great for your heart and mood — but strength training, daily walking and good sleep will do far more for fat loss and energy than punishing yourself on a treadmill.

4 Recovery and sleep are training too

Muscle is built when you rest, not when you train. Menopause can disrupt sleep, which makes everything harder. Prioritising sleep, managing stress and not training to exhaustion every session will get you better results than simply doing more.

5 Consistency beats perfection — always

You don't need a perfect plan or hours a day. Two or three focused strength sessions a week, done consistently for a few months, will transform how you look and feel. The women who succeed aren't the most disciplined — they just have a plan simple enough to stick to.

START THIS WEEK

Your simple starter workout

A full-body strength session you can do **2–3 times a week**, with a day's rest in between. Use dumbbells, resistance bands or your bodyweight. Focus on good form and controlled movement — pick a resistance where the last couple of reps feel genuinely hard but doable.

Full-body strength · 2–3× per week

EXERCISE	SETS	REPS	REST
Sit-to-stand or goblet squat	3	8–12	60–90s
Dumbbell chest press or press-up	3	8–12	60–90s
Bent-over or band row	3	8–12	60–90s
Hip hinge / Romanian deadlift	3	8–12	60–90s
Shoulder press	2	10–12	60s
Plank hold	2	20–40s	45s

Progress it: when the top of the rep range feels comfortable, add a little weight or a rep. That gradual increase — progressive overload — is what drives results.

WARM UP FIRST

Spend 5 minutes getting warm — a brisk walk on the spot, arm circles, a few easy bodyweight squats. Finish with a couple of minutes of gentle stretching. It makes the session feel better and lowers injury risk.

WHEN YOU'RE READY FOR MORE

Let's get you from stuck to strong

This guide is a start — but the fastest, safest results come from a plan built around *you*: your body, your goals, your menopause stage and your life. That's exactly what I do at Fit By Choice, in person in Bexhill or online anywhere in the UK.

Book a free, no-pressure chat

Tell me where you're stuck and I'll tell you honestly how I can help. Menopause-informed strength & nutrition coaching for women over 40.

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