

Signs your body is changing after 40

As women, we've always known our bodies work differently to men's. But it's not until we hit our late 30s and 40s that we really start to feel the gap widen. Suddenly, what worked in our 20s and early 30s—whether it was skipping meals, a quick workout, or burning the candle at both ends—just doesn't cut it anymore.

That's because our hormones are shifting beneath the surface, whether we like it or not. Add in the demands of life—juggling kids, careers, ageing parents, changing priorities—and it's no wonder we wake up wondering: "Why does my body feel different... and why is it so much harder now?"

You're not imagining it. You're not failing. You're not broken. You're changing.



What's happening?

From your mid-30s, your body starts to experience a gradual decline in estrogen and progesterone. By your 40s, hormone fluctuations become more noticeable, kicking off perimenopause—the transition phase before menopause.

During this time, these changes impact:

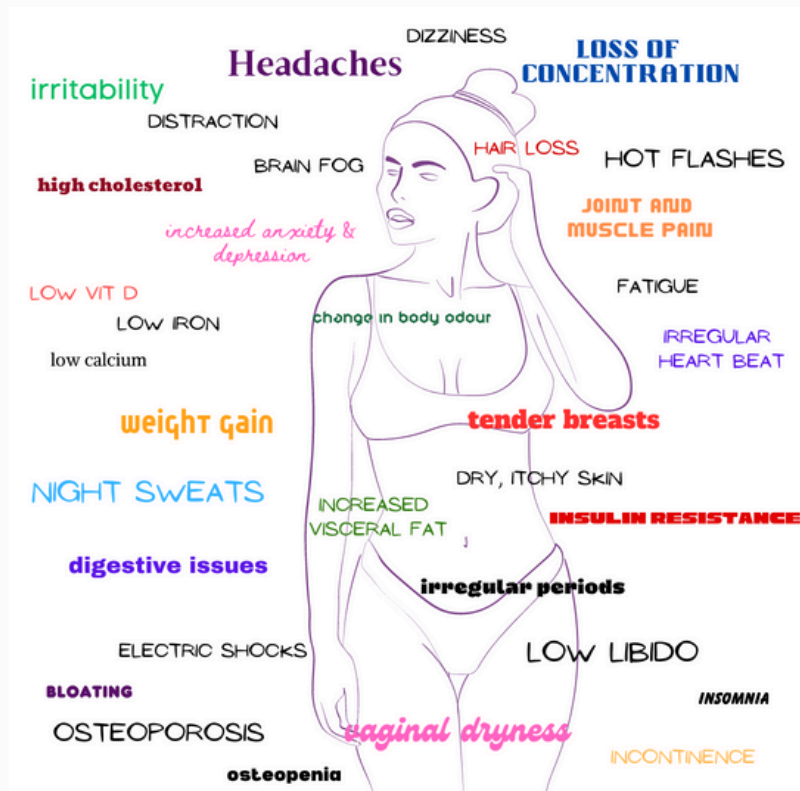
- *Muscle mass* → lean muscle declines without strength training
- *Metabolism* → slows down, making weight management harder
- *Bone density* → starts to decrease
- *Insulin sensitivity* → becomes reduced, increasing risk of blood sugar issues
- *Mood and cognition* → neurotransmitter shifts affect mental clarity and mood stability

It's a biological shift—not a mindset problem.

Signs....

Every woman's journey looks different, but here are common signs you might notice after 40:

- ✓ Weight gain around the middle
 - ✓ Waking up at 2–3am, struggling to fall back asleep
 - ✓ Brain fog or forgetfulness
 - ✓ Mood swings or increased anxiety
 - ✓ Heavier, lighter, or irregular periods
 - ✓ Hot flushes or night sweats
 - ✓ Sore joints or muscles
 - ✓ Drop in libido
 - ✓ Feeling flat or low in energy even after rest
- Sound familiar? These symptoms are your body asking for support, not punishment.



What are you risking by doing nothing

If we sit back and hope it “*just gets better*,” we risk more than inconvenience. Left unaddressed, hormonal shifts can increase your risk of:

- ⚠ **Osteoporosis**—1 in 2 Australian women over 50 will suffer a bone fracture due to low bone density
- ⚠ **Heart disease**—your risk increases 4-fold after menopause
- ⚠ **Muscle loss and frailty**—leading to falls, injuries, and reduced independence later in life
- ⚠ **Metabolic syndrome and type 2 diabetes**
- ⚠ **Mental health decline**—higher rates of depression, anxiety, and cognitive decline

Doing nothing is still a choice—but it's a choice with serious consequences for your long-term health, vitality, and quality of life.

Finding help

Who should I speak to, and how?

If you're noticing these signs, don't dismiss them as "just getting older." Speak up. Book an appointment with your GP, and ask to discuss perimenopause, hormone health, and preventive care.

Be clear. Tell them:

🗣️ *"I've noticed changes in my sleep, mood, energy, weight, and cycle. I want to understand if this could be perimenopause and what options I have to support my health."*

From there, you may be referred to:

- ✓ A menopause specialist or endocrinologist
- ✓ A women's health GP
- ✓ An exercise physiologist or personal trainer specialising in midlife women
- ✓ A dietitian or nutrition coach



Work with professionals who hear you

This phase of life needs more than generic advice. You need professionals who:

- ✓ Understand female physiology after 40
- ✓ Tailor strength training to support muscle, bone, and metabolism
- ✓ Use nutrition strategies to balance hormones and reduce inflammation
- ✓ Can discuss Menopause Hormone Therapy (MHT) or other treatments if needed

When you work with a team who knows how to apply science to your unique stage of life, you get results that last—and you protect your future health.

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It's time to stop sitting back and invest in YOU and your future