

# StrongHer FAB Method

## Week 3 Participant Workbook

A printable Week 3 workbook for women in business who are ready to build strength, resilience, and confidence in their body.

**Joanne Pagett | StrongHer**

Performance & Menopause Coach for Women in Business

### How to use this workbook

Use this workbook during your Week 3 session and across the days that follow. It gives you space to reflect on your current relationship with movement, choose realistic actions, and build strength in a way that feels supportive rather than punishing.

## Week 3: Build Strength and Resilience

*This week helps participants see strength as support, not punishment. The goal is to reframe movement, build physical confidence, and create a realistic approach to strength that works in real life.*

*Strong is not about punishment. Strong is about support, consistency, and resilience.*

### Week 3 at a glance

#### FAB focus

Foundation. This week supports the body through strength, movement, recovery, and physical capability.

#### This week's support

Strength sessions, walking, mobility, and realistic movement planning.

#### Main goal

Help participants reconnect with movement in a way that feels empowering and sustainable.

#### Quick win

Feeling more capable, more connected to the body, and more confident about becoming stronger.

### What women will learn this week

- Why strength matters for confidence, resilience, and long-term health
- How to move away from all-or-nothing exercise thinking
- Why walking, mobility, and strength all have a place
- How to create a realistic movement routine that supports energy rather than drains it

### Teaching focus

Week 3 helps women stop seeing exercise as punishment. The focus is strength, walking, mobility, and consistency. The aim is to help them feel physically capable again, not overwhelmed by a perfect plan.

# WHEN YOU'RE A **WOMAN OVER 40** WHY IT'S ALL ABOUT **MUSCLE** NOT METABOLISM

## METABOLISM SLOWS WITH AGE



Starting in your 30s, you naturally lose muscle – and your **metabolism slows**.



Lower metabolism means you burn **fewer calories** at rest.



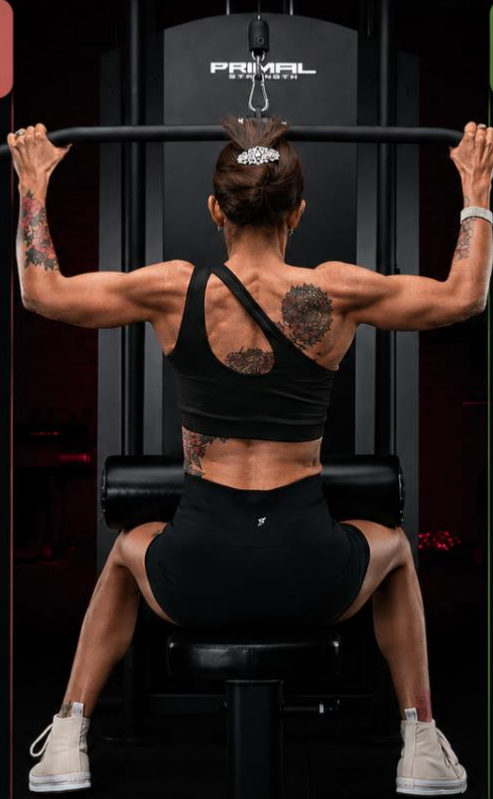
Dieting lowers it even more and leads to **muscle loss**.



Result: **harder to lose weight, easier to gain it.**



Chasing your metabolism keeps you stuck.



## MUSCLE CHANGES EVERYTHING



Muscle burns more calories **24/7** – even at rest.



It shapes your body, boosts **strength** and improves **function**.



It supports bones, hormones, joints and long-term **health**.



Result: more **energy**, better **body composition**, **confidence**.



Building muscle sets you free.



FOCUS ON STRENGTH TRAINING. EAT PROTEIN. BE CONSISTENT.  
**BUILD MUSCLE. TRANSFORM YOUR BODY & YOUR LIFE.**

### Reflection prompts

What does strength mean to me now?

---

---

---

What has stopped me from building strength consistently?

---

---

---

**What kind of movement feels supportive rather than draining?**

---

---

---

**What would becoming stronger give me in daily life?**

---

---

---

### Week 3 action steps

- Complete two simple strength sessions this week
- Walk more consistently in a way that feels manageable
- Add one short mobility or stretch session
- Notice how your body feels after movement rather than criticising it
- Focus on consistency, not intensity

### Simple movement reminder

A strong week can be built from two strength sessions, regular walking, short mobility work, and proper recovery.

### My Week 3 commitment

**This week, I will support my body through movement by:**

---

---

---

**The kind of movement I most want to prioritise is:**

---

---

---

**The belief about movement I most need to let go of is:**

---

---

---

### Mini tracker

Day	Strength	Walking	Mobility	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

### End-of-week reflection

What movement helped me feel stronger or more capable this week?

---

---

---

What made consistency easier or harder?

---

---

---

What do I want to carry forward into next week?

---

---

---

### Affirmation for the week

I am allowed to become stronger in a way that supports me.