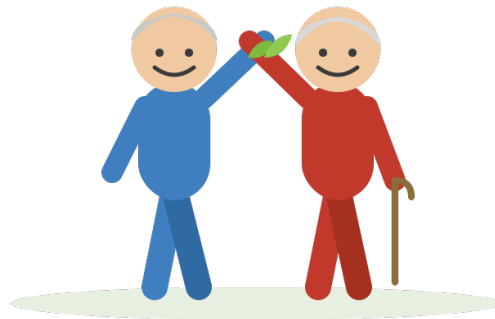


FREE GUIDE · MENOPAUSE FITNESS EVENT

Stay Strong Through Menopause

Stay Strong. Stay Independent.



LEADING FITNESS
*Stay Strong.
Stay Independent*

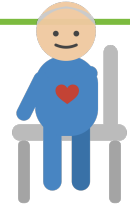


Certified & Specialized in Senior Fitness
Empowering Older Adults through Specialized Training



A simple, safe guide to moving your body with confidence during menopause — brought to you by **Leading Fitness**, certified & specialized in senior and midlife fitness.

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Welcome, and congratulations on taking this step for yourself!

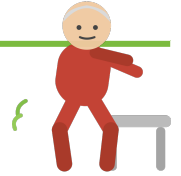
Menopause brings real changes — shifting hormones, changing energy, new aches, and sometimes a body that feels unfamiliar. You are not alone, and you are not starting from zero. Movement is one of the most powerful tools we have to protect strength, bone density, balance, mood, and independence through this stage of life and beyond.

This free guide was created for our menopause fitness event to give you simple, effective exercises you can do at home, at any fitness level, with no fancy equipment required. Go at your own pace, breathe, and be proud of every rep.

Why movement matters during menopause: regular strength and balance training helps protect bone density, supports metabolism, eases joint stiffness, improves sleep, and boosts mood and energy.

Safety First

- **Check with your doctor** before starting any new exercise program, especially if you have a health condition, are on medication, or have had recent surgery.
- **Warm up for 5 minutes** with easy marching or arm circles before exercising, and cool down afterward with gentle stretching.
- **Listen to your body.** Mild muscle effort is normal; sharp pain, dizziness, or shortness of breath is not — stop immediately if this happens.
- **Stay hydrated** and exercise in a cool, well-ventilated space, since hot flashes can make you feel warm faster.
- **Use support when needed.** Hold onto a sturdy chair or wall for balance exercises.
- **Wear supportive shoes** and clear your space of tripping hazards.
- **Progress slowly.** Consistency beats intensity — a little movement, often, wins over doing too much at once.



Do this routine 2–3 times per week. Complete a 5-minute warm-up first (easy marching in place + arm circles).

1 Chair Squats

1. Stand in front of a sturdy chair, feet shoulder-width apart.
2. Slowly bend your knees and lower your hips back, like sitting down.
3. Lightly tap the chair, then press through your heels to stand.
4. Keep your chest lifted throughout the movement.

2 sets x 8-10 reps

2 Wall Push-Ups

1. Stand arm's length from a wall, hands flat at shoulder height.
2. Bend your elbows and lean your chest toward the wall.
3. Push back to the start, keeping your core gently engaged.

2 sets x 10 reps

3 Standing Marches

1. Stand tall, holding a chair back if needed for balance.
2. Lift one knee toward your hip, then lower with control.
3. Alternate sides at a steady, comfortable pace.

1-2 minutes

4 Glute Bridges

1. Lie on your back, knees bent, feet flat on the floor.
2. Squeeze your glutes and lift your hips toward the ceiling.
3. Pause briefly at the top, then lower slowly.

2 sets x 10-12 reps

5 Standing Side Leg Raises

1. Hold onto a chair or wall for balance.
2. Lift one leg out to the side, keeping your hips level.
3. Lower with control and repeat, then switch legs.

2 sets x 10 reps each side

6 Gentle Standing Balance

1. Hold a chair with one hand for support.
2. Lift one foot slightly off the floor and hold.
3. Build up your hold time as balance improves.

3 x 15-20 seconds each leg

7 Seated Forward Stretch

1. Sit tall at the edge of a chair, feet flat on the floor.
2. Hinge gently forward from your hips, reaching toward your shins.
3. Hold, breathing slowly, then rise back up with control.

Hold 20-30 seconds

8 Chest & Shoulder Opener

1. Clasp your hands behind your back, arms straight.
2. Gently lift your arms and open your chest, standing tall.
3. Hold, breathing deeply, then release.

Hold 20-30 seconds

Finish with a few slow, deep breaths. Notice how your body feels — a little stronger every time you show up for yourself.



You Belong Here

Stay Strong. Stay Independent.

Join Us at Leading Fitness

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