

The Ultimate Fitnixx Menopause Training & Nutrition Fact Sheet



Listen up, because we are flipping the script on menopause! For too long, the conversation around this stage of life has been about "fading away" or just "dealing with it." At **Fitnixx Coaching**, we don't do "just dealing with it." We do thriving. We do strength. We do taking your health into your own hands and showing the world what you're made of!

As your body shifts, the old rules of "eat less, run more" don't just stop working, they actually start working against you. Your hormones are changing, which means your strategy has to change too. This isn't a setback; it's an invitation to train smarter, eat better, and feel more powerful than ever before.

We've put together this ultimate Fact Sheet to give you the exact blueprint for navigating perimenopause and menopause with confidence. No more guesswork, no more frustration, just results!

TRAINING: WORK SMARTER, NOT LONGER

When estrogen and progesterone start to dip, your body loses its "anabolic" (muscle-building) edge. To combat this, we have to give the body a reason to keep its muscle and bone density. Long, slow cardio sessions won't cut it anymore, they just spike your cortisol and leave you feeling depleted. Instead, we're going to focus on intensity and power!

1. Lift Heavy (6 Reps or Less)

We're talking about real strength here! You need to lift weights that challenge you. Aim for a weight where you can only perform 6 reps with perfect form. This heavy stimulus forces your nervous system and muscles to adapt, helping you maintain lean mass and bone density when you need it most.

2. Sprint Training (30 Seconds or Less)

Forget the hour-long jog. Short, sharp bursts of maximum effort are your new best friend. We want "all-out" sprints for 30 seconds or less, followed by full recovery. This improves your metabolic flexibility and helps manage that stubborn midsection weight without sending your stress hormones into orbit.

3. HIIT & Plyometrics

High-Intensity Interval Training (HIIT) and explosive movements like jumps or power lunges (plyometrics) are essential. These movements keep your fast-twitch muscle fibers active and improve your cardiovascular health in a fraction of the time.

4. The Magic of the Deload

Your body doesn't recover like it used to, and that's okay! We need to be intentional about rest. We recommend a **deload every 2-3 weeks**. This doesn't mean sitting on the couch all day; it means dropping the intensity and volume to let your central nervous system reset. This prevents burnout and keeps the gains coming!



NUTRITION: FUEL THE QUEEN

In menopause, your body becomes more sensitive to stress and less efficient at processing carbohydrates. We need to focus on insulin sensitivity and muscle protein synthesis. If you want to see a 6-week transformation, your kitchen habits are where the magic starts!

The Protein Rule: 1g Per Pound

Protein is non-negotiable. Aim for **1 gram of protein per pound of body weight**. This might feel like a lot, but it is the key to maintaining your muscle, keeping you full, and supporting your immune system.

No Fasted Training!

This is a big one. Fasting before a workout is a major stressor for women in menopause. It tells your body to store fat and break down muscle, the exact opposite of what we want! Always have a small protein-rich snack before you hit the gym.

Post-Workout Power

To trigger muscle growth, you need a solid hit of protein immediately after training. Aim for **40g of protein post-workout**. This ensures your body moves out of a "breakdown" state and into a "build" state immediately.

Carb Timing & Insulin Sensitivity

We aren't "anti-carb," we are "pro-timing." Focus on consuming your complex carbohydrates around your workout window. This ensures those carbs are used for energy and recovery rather than being stored.



GUT HEALTH & FIBER

You can't have a strong body without a healthy gut! **Fiber helps with healthy digestion and balancing the gut microbiome.** A healthy gut is crucial for hormone metabolism. If your digestion is sluggish, your body can't effectively clear out "spent" hormones, leading to imbalances that make menopause symptoms feel much worse. Load up on those veggies and whole grains!

THE SUPPLEMENT STAPLE: CREATINE

If there is one supplement every woman in menopause should consider, it's Creatine Monohydrate. It's one of the most researched supplements on the planet!

- **Dosage:** 3-5g daily.
 - **Benefits:** It's not just for "meatheads." It helps with brain fog, muscle retention, bone health, and even hydration at a cellular level. It's a total game-changer for your energy levels!
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THE ADAPTOGEN DEEP DIVE

Adaptogens have quite a range of benefits; their main function is to help improve stress resilience, therefore improving bodily functions. Think of them as a thermostat for your stress levels, if you're too "high" (anxious), they help bring you down; if you're too "low" (fatigued), they help pick you up!

At Fitnixx Coaching, we want you to use the right tool for the job. Here is how we categorize these herbal powerhouses:

1. Stimulatory (For Stress and Fatigue)

Use these when you feel like you're dragging or when life is demanding a lot of "go-go-go" energy.

- **Siberian Ginseng (NOT panax ginseng):** Great for physical endurance and mental clarity.
- **Schisandra Chinensis:** Helps with focus and protecting the liver.
- **Maca (Red Peruvian):** Specifically Red Maca is fantastic for hormone balance and energy.
- **Rhodiola Rosea:** One of the best for fighting burnout and improving mood.

2. Calming (For Anxiety, Stress & Immunity)

Use these when you feel "wired but tired" or if your sleep is taking a hit.

- **Ashwagandha:** The heavy hitter for lowering cortisol and calming the nervous system.
- **Holy Basil (Tulsi):** Amazing for emotional balance and keeping the immune system strong.

3. Mushroom Adaptogens

Functional mushrooms offer a unique layer of support for your brain and body.

- **Reishi:** Known as the "queen of mushrooms" for relaxation and sleep quality.
- **Cordyceps:** Boosts oxygen utilization, great for your sprint sessions!
- **Chaga:** A massive antioxidant boost for your skin and cells.
- **Lion's Mane:** The ultimate "brain" mushroom for clearing up that menopause brain fog.



THE PROTOCOL: Cycle Your Support

Don't just take these forever without a break! To keep your body responding to the adaptogens, use a **3 weeks on, 1 week off** cycling protocol. This prevents your body from becoming too accustomed to the herbs and ensures they stay effective.

WHY CHOOSE FITNIXX?

We know that navigating these changes can feel overwhelming. That's why we're here! At **Fitnixx Coaching**, we provide a supportive, non-judgmental environment where you can learn to master these strategies. Whether you are looking for a personal fitness trainer to guide your lifts or specialized menopause coaching to dial in your nutrition, we've got your back.

We don't do "cookie-cutter" programs. We look at *your* body, *your* goals, and *your* lifestyle to create a plan that actually works. We want you to feel strong, capable, and vibrant!



READY TO TAKE CONTROL?

You don't have to do this alone. If you're ready to stop guessing and start seeing those noticeable strength gains, it's time to join the team!

- **Book** your assessment today!
- **Sign up** for our next [webinar](#) to dive deeper into the science.
- **Come get yours!** Your strongest self is waiting on the other side of these changes.

Check out our [About Us](#) page to meet the team and see how we can help you crush your goals. Let's get to work!

Disclaimer: Please consult with your healthcare provider before starting any new supplement or high-intensity exercise program, especially during menopause.