



## Day 3: Customizing Your Menopause Training Plan

Congrats on finishing Day 3 of GGS's free 5-day course, *Menopause Secrets: A Plan for Helping Women Thrive During Menopause!*

In today's lesson, you learned all about two powerful training strategies to include in your menopause plan:

- 1 Prioritizing strength training.
- 2 Increasing your general daily movement.

In this worksheet, you'll learn how to put the training portion of your personalized menopause plan into action.

We'll start by assessing your current movement. Then, we'll build your four-week training schedule.

### Step #1: Assess Your Current Movement

The first step to optimizing a menopause training program is to take stock of how much you're currently moving your body — and then tune in to how that movement makes you feel.

Think back on your activity over the last seven days, then fill in the chart below to the best of your ability.

Remember: We're just trying to get a baseline idea of your regular movement patterns. No one else is going to see this but you, so be as honest as you can (and be kind to yourself along the way).



Type of Exercise	Number of Sessions	Average Duration	Recommended Number of Sessions	Notes
<b>STRENGTH TRAINING</b>			2-3	
<b>LOW- TO MODERATE-INTENSITY CARDIO</b>			2-3+*	
<b>OTHER</b>			N/A	

\*While in an ideal world you'd be moving your body every day, we recognize that not everyone has the time and energy to do this. Aim to complete at least two low- to moderate-intensity cardio sessions per week, increasing your frequency as you're able.

Once you've gathered some baseline data and have a better idea of how often you're moving your body, consider the following questions:

1. Are you getting at least two strength training sessions per week?
  - If so, then move to question 2.
  - If not, we recommend starting here and making sure you're getting at least two strength training sessions per week, as these will be super beneficial for your health.
  
2. Are you engaging in low- to moderate-intensity cardio at least two days per week?
  - If so, then move on to question 3.
  - If not, consider setting a goal to slowly add one low- to moderate-intensity cardio session per week until you're doing at least two per week.



3. Do you feel better (e.g. happier, more energetic) on days you move your body?
  - ▶ If so, great! You're likely recovering well from the activities you're doing. Move on to question 4.
  - ▶ If you don't feel better on days you move your body (e.g., you're cranky, sore, tired, unmotivated), consider removing one of your training sessions or reducing the intensity to allow for better recovery.
  
4. If you're getting four or fewer movement sessions per week (two strength training sessions and two low- to moderate-intensity cardio sessions), consider adding one additional 30-minute session of strength training or moderate-intensity cardio to your week and monitoring your energy and recovery.

Keep your answers to these questions in mind as we begin building your training schedule. You don't need to add everything at once — just take one step.

## Step #2: Set Up Your Training Schedule

As we mentioned in the lesson, a menopause training plan should be pretty simple: Focus on moving your body for at least 30 minutes on as many days as is realistic for you given your schedule and energy levels. Of those days, two or three sessions should include strength training and weight-bearing exercise.

Strength training comes with a whole host of benefits, including reduced (or reversed!) age-related muscle loss and maintained (or even improved!) bone mineral density — meaning less likelihood of sarcopenia, osteopenia, and osteoporosis.

Because strength training has such a large positive impact on health and fitness, we recommend planning your strength sessions first, and then working in any other movement around it.



## DETERMINING STRENGTH TRAINING FREQUENCY

To start creating your training plan, you need to decide how many times you can realistically strength train per week. This will depend on a few things:

- › Your schedule.
- › Your training history.
- › Your recovery.
- › Your preferences.
- › Your Menopause Vision Statement.

Let's look at some examples of how you could decide based on these factors.

**When it comes to your schedule**, pick a frequency that fits into your schedule without adding more stress. For example, if you're so slammed that you can only train two days a week, the other factors don't really matter — go with two.

**When it comes to training history**, if you are new to strength training, you can select either two or three days per week. You'll likely see improvements even with a two-day frequency, but you may progress faster with three days. If you're experienced with strength training, two days per week *may* help you maintain strength, but if you want to make progress, you'll likely need to bump up to three days.

**When it comes to your recovery**, again, listen to your body. If you feel energized and strong and have the bandwidth to add another session, go for it! If you're sore, cranky, or stalled in your progress, try dropping a session and see how you feel.

**When it comes to your preferences**, simply listen to your body. If you enjoy strength workouts, do more; if you dread them, do less. If you aren't sure, try it out and see!



**And finally, when it comes to your Menopause Vision Statement, run your training schedule through your statement filter and see what you come up with.**

Once you have a frequency in mind, ask yourself the following questions:	YES	NO
<p><b>Does this strength training frequency align with my values?</b> For example, if you value strength and self-sufficiency and want to smash heavy weights in the gym, you might find that a three-day-per-week program works better for you.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Does this strength training frequency support one or more of my big rocks, whether directly or indirectly?</b> For example, if one of your big rocks is spending time with your grandkids (instead of exercising), then a two-day-per-week program is probably the best choice.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Does this strength training frequency align with my Menopause Vision Statement? Will it help me do what’s most important to me in my life?</b> For example, if part of your Vision Statement includes competing in triathlons, then you’d probably want to stick with two strength sessions per week so that you still have time to work on your endurance training.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Do I feel ready, willing, and able to take on this strength training frequency?</b></p>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to all of the questions, then your chosen behavior is likely a solid choice!

Remember to download the bonus four-week strength training program that came with today’s lesson. It can be adapted to suit either frequency.

### SETTING UP YOUR STRENGTH TRAINING SCHEDULE

Once you nail down your frequency, you can start setting up your schedule. By “booking” your sessions in advance, you’ll be more likely to stick to your plan.



**When will you complete your 30-minute strength training sessions?** If possible, give yourself a day off in between sessions so you can recover. Consider these days and times “booked” for the next four weeks (though of course, you can always reschedule if something comes up!).

### SETTING UP YOUR GENERAL MOVEMENT SCHEDULE

Now that you know when you’ll complete your strength training workouts, it’s time to add in your general daily movement.

If appropriate for your current needs and goals, schedule a 30-minute block of time for movement on at least two days — and up to five days — per week. These blocks should fall on days when you’re not already strength training.

They could coincide with activities you’re already doing. For example, if you attend a Pilates class every Tuesday and Thursday morning, that counts! Simply keep those times booked in your schedule and fill in the other days.

While you don’t need to decide what each activity is going to be in advance, consider that they’ll ideally be activities you love that align with your Menopause Vision Statement. For example, you could put in time to:

- ▶ Play at the park with your grandkids.
- ▶ Go for a walk around the neighborhood with friends.
- ▶ Take a line dancing or salsa dancing class.
- ▶ Ride your bike.
- ▶ Go swimming.



Consider putting in some ideas for Future You, so when the time comes, you have some easy options handy and can do what feels best at the moment.

You can also stack things up if you want, or extend time frames, if you're feeling energized and already have a pretty good idea of how much activity you tolerate. But if you've been relatively sedentary, then we recommend sticking with just 30-minutes per day for now.

Want to fill out your own version here, instead of in your calendar? Here ya go! (If you decide to include rest days, simply fill in "rest".)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

A weekly schedule for someone getting activity every day might look something like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength Training (Workout A)</b> 30 mins	<b>Zumba Class</b> 40 mins	<b>TBD Activity</b> 30 mins  (Possible Options: Walk, Gentle Hike, Yoga, Bike)	<b>Strength Training (Workout B)</b> 30 mins  <b>Walk</b> 15 mins	<b>Walk or Hike</b> 30 mins	<b>Zumba Class</b> 40 mins	<b>Play at the Park with Grandkids</b> 30 mins



### Step #3: Take Action and Track Your Consistency

Great work! You've officially set up your 28-day training schedule. Now, it's time to get started.

**You'll find your four-week strength training program (including instructions for use) available to download on the Day 3 lesson page.**

As you get going, we recommend tracking your training consistency with both strength training and general movement in the same way we recommend tracking your nutrition behaviors. You'll find a [four-week consistency tracker](#) on the last page of this download.

As we mentioned in your Day 2 worksheet, we consider “successful” implementation to be a consistency of 80% or more.

That said, 80% consistency doesn't necessarily mean you need to add *more* training to your schedule (though you could, if you have solid energy levels and are excited to keep going). Rather, it's a method of staying accountable — and determining if your plan works for you or if it needs some tweaks.

If you're not reaching 80% consistency, don't stress. You may have just missed a day or two because life happened, and that's OK. But if you're really far off the mark over two or more weeks, you may need to scale back your training schedule so it's easier and more realistic given your needs right now. That could mean shortening your sessions, removing a session, or changing the activity you're doing to something you're more excited about.

**The goal is to get some movement on a consistent basis — in whatever way works for you.**

If you're reaching 80% consistency but you feel run down, tired, sore, and cranky — you might be doing too much. You may need to schedule some active





recovery time in place of one of your training sessions or reduce your intensity during sessions.

Here’s an example of how your tracking for one week might look:

	Movement Goal	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	CONSISTENCY
WEEK 1	#1: Complete 2 Strength Training Workouts	✓					✓		2/2	100%
	#2: Get 30 Minutes of Movement on 4 Non-Strength Training Days		✓			✓		✓	3/4	75%

We also include a space below each week’s tracking where you can jot down any notes you have that week. Your notes might include observations on:

- How your sessions went.
- How you’re feeling (e.g., energized, sore, tired, strong, empowered).
- How you’re sleeping.
- How the frequency is working for you.
- How different activities made you feel.
- If your menopause symptoms have changed.
- If your hunger levels have changed.
- If you’re seeing any progress.

As you move through your 28-day plan, you can also reflect on how things are changing over time.

Alright, you’ve officially got all the tools to put your plan into action. Fantastic job working through all the steps and setting yourself up for success. Now go forth and get started!



## 28-Day Training Consistency Tracker

MOVEMENT GOAL		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	CONSISTENCY
WEEK 1	Strength Training:									
	General Movement:									
	Notes:									
WEEK 2	Strength Training:									
	General Movement:									
	Notes:									

**CHECK IN:** Time to evaluate how things are going! How are you feeling about this new training plan? If you're feeling strong and energized, keep going. If you're struggling a bit, consider scaling back your frequency or intensity or adding a rest day to your schedule instead.

If you're making any modifications to your plan, list them here: \_\_\_\_\_

\_\_\_\_\_



MOVEMENT GOAL		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	CONSISTENCY
WEEK 3	Strength Training:									
	General Movement:									
	Notes:									
WEEK 4	Strength Training:									
	General Movement:									
	Notes:									