



Managing Menopooch
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Introduction

Who was the fool who said “It’s a great time to be a woman?”

Metabolism Gone Wild

- What goes up
- What goes down
- What goes up and down

The “Big Bow Theory”

- The meaning of numbers
 - BMI
 - Body composition
- Health vs. aesthetics

The Pauses

- Pre
- Peri
- Post

Weight Control in Midlife

- Managing blood sugar
- Checking your stress
- Checking your thyroid
- Managing inflammation
- Eating sensibly
- Taking vitamins

Exercise in Midlife

- Cardiovascular needs
- Strength training
- Mind/body and the role of Pilates

Finding balance

- The balance wheel
- Acceptance

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