

7

Shifts

**THAT HELPED ME
FINALLY FEEL
LIKE MYSELF AGAIN
AFTER 40**

Ready to make healthy changes that actually stick? Here's the thing – knowing what to do is only half the battle. The real magic happens when we turn that knowledge into action, and that's exactly what we're going to do together.

[BIT.LY/MIDLIFEMOJOGROUP](https://bit.ly/midlifemojogroup)

This document is for informational purposes only and is not a substitute for professional medical advice. Individuals in good health, those with health concerns, or those aware of any medical conditions or physical limitations should always consult a physician before starting any eating or exercise program.

WELCOME, I'm Amy.

I'm so glad you requested the 7 Simple Shifts Guide.

See, before I became a Holistic Perimenopause & Menopause Coach and before I created Thriving In Midlife that works with midlife women to get rid of bloating, lose belly fat & inflammation and regain energy, I spent so much time trying different things that either didn't work at all or only worked for a little while. I was determined to find a solution because continuing on was no longer an option for me.

After much trial and error, I discovered simple strategies in this guide. I almost dismissed it as just another thing that wouldn't work. But then I started to notice better sleep, more energy, and I was less hungry and I was over the moon about it.

The good news is that you did a really smart thing and requested this guide! Now you have access to the strategies in the 7 Simple Shifts Guide.

IMPORTANT: The strategies only work if you actually do them.

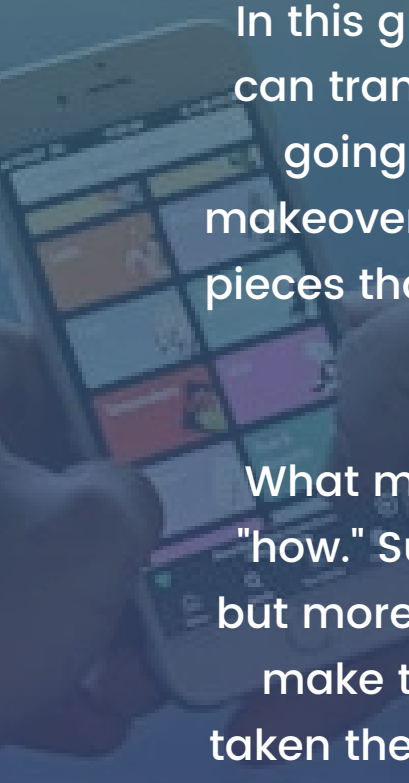
Want additional free resources to help you manage midlife?

[CLICK HERE TO JOIN](#) my free Facebook group.

I can't wait to hear how the 7 Simple Shifts helps you.

Amy

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Think of building healthy habits like putting together your favorite playlist. You wouldn't play all your songs at once (what a mess that would be!), and you definitely wouldn't start with the most complicated tracks. Instead, you'd build it song by song, making sure each one flows perfectly into the next. That's how we're going to approach your health journey – one habit at a time, each one building on the last until you've created something amazing.

In this guide, you'll discover seven powerful shifts that can transform your health. But don't worry – we're not going to overwhelm you with a complete lifestyle makeover. Instead, we'll break each habit into bite-sized pieces that fit into your real life. No perfection required – just progress and consistency.

What makes this approach special? It's all about the "how." Sure, we'll cover what to do and why it matters, but more importantly, we'll walk through exactly how to make these habits stick in your daily routine. We've taken the best research on habit formation and made it practical, doable, and dare we say... fun!

Ready to get started? Let's create some healthy shifts that feel as natural as your morning coffee. Your future self will thank you!

HABIT 1

MORNING HYDRATION RITUAL

Drink 16–20 oz of water first thing in the morning

IMPLEMENTATION STEPS

- Place a filled water bottle by your bedside before going to sleep
- Drink the water before having coffee or breakfast
- Add a slice of lemon if desired for taste and additional benefits

WHY THIS HELPS

- Rehydrates your body after a night of detoxing
- Helps with hormone regulation
- Supports digestion and metabolism
- Boosts brain function and focus
- Reduces cravings
- Aids joint and skin health

SUCCESS TIPS

- Room temperature water is easier to drink in larger quantities
- Set a phone reminder for the first few weeks
- Link it to an existing habit like turning off your alarm



HABIT 2

MINDFUL MORNING MOVEMENT

10-15 minutes of gentle movement or stretching upon waking

IMPLEMENTATION STEPS

- Lay out exercise clothes the night before
- Place yoga mat or exercise space next to bed
- Start with 5 basic stretches or movements:
 - Cat-cow stretches
 - Gentle twists
 - Forward folds
 - Shoulder rolls
 - Ankle and wrist circles

WHY THIS HELPS

- Wakes up stiff joints
- Reduces morning aches + pains
- Regulates cortisol levels
- Supports lymphatic drainage + detox
- Boosts energy + mood
- Improves posture + body awareness

SUCCESS TIPS

- Don't change into workout clothes initially; do it in pajamas
- Play the same calming music each morning
- Keep movements gentle and enjoyable

HABIT 3

DAILY STRENGTH BREAKS

Incorporate brief, strategic resistance training sessions throughout the day using bodyweight exercises or minimal equipment.

IMPLEMENTATION STEPS

Morning Foundation **Weeks 1-2**

Start your day with one simple resistance circuit within an hour of waking. Lay out exercise clothes the night before and place a yoga mat or exercise space next to bed or in the living room.

Begin with:

- 10 squats
- 5 push-ups (wall, knee, or regular)
- 10 hinges (learning proper hip hinge pattern) This should take about 3 minutes, focusing on form and controlled movement.

Mid-Day Power **Weeks 3-4**

Add a second strength circuit around lunch time

Add:

- 10 lunges (alternating legs)
- 10 rows (using a doorway or towel)
- 10 calf raises This helps combat mid-day energy dips and maintains muscle activation.

Full Day Integration **Weeks 5-6**

Build up to 3-4 strength breaks throughout the day, each targeting different movement patterns

WHY THIS HELPS

- Support muscle maintenance
- Activate glucose disposal
- Boost mood + brainpower
- Tame cortisol
- Protect your bones



HABIT 3

DAILY STRENGTH BREAKS

Incorporate brief, strategic resistance training sessions throughout the day using bodyweight exercises or minimal equipment.

EXERCISE BANK BY MOVEMENT PATTERN

Lower Body Strength

- Bodyweight squats
- Split squats
- Step-ups on stairs
- Hip bridges
- Alternating Lunges
- Kick Backs
- Calf raises

Upper Body Push/Pull

- Wall push-ups
- Desk push-ups
- Door frame rows
- Band pulls
- Overhead Press
- Pike push-ups
- Dips

Core & Posture

- Bird dogs
- Dead bugs
- Planks
- Boat pose
- Standing core rotations
- Tree Pose

SUCCESS STRATEGIES

The key to making this habit stick is understanding that each mini-session builds toward your daily strength goals. Think of it like breaking up a meal into smaller, manageable portions.

HERE'S HOW TO MAKE IT WORK

Link to Daily Triggers

Connect each strength break to an existing habit

- Morning hydration → Morning circuit
- Coffee break → Mid-morning movements
- Lunch → Afternoon strength
- End of workday → Evening reset

Focus on Quality

Since sessions are short, emphasize:

- Proper form
- Full range of motion
- Controlled tempo
- Mindful muscle engagement

Progress Naturally

Start with exercises you can do well and progress by:

- Adding one or two repetitions
- Slowing down the tempo
- Progressing to harder variations
- Increasing sets before increasing exercises

HABIT 4

STRUCTURED MEAL PLANNING

Creating balanced meals using the Protein-Fiber-Healthy Fat framework and establishing a sustainable meal planning routine

UNDERSTANDING THE FRAMEWORK

Protein 25-30% of your plate

Maintains muscle mass and bone health

Controls hunger and blood sugar

Supports immune function

Sources:

- Animal: Eggs, fish, poultry, lean meats
- Plant: Legumes, tempeh, tofu

Fiber 40-50% of your plate

Feeds beneficial gut bacteria

Provides steady energy

Supports detoxification

Sources:

- Non-starchy vegetables
- Fruits
- Whole grains
- Legumes

Healthy Fat 20-25% of your plate

Supports hormone production

Enhances nutrient absorption

Promotes brain health

Sources:

- Oils: Olive, avocado
- Nuts/Seeds
- Avocado
- Fatty fish: Salmon, mackerel.

IMPLEMENTATION STEPS

- Choose a consistent planning day (typically Sunday)
- Start with familiar ingredients and gradually expand
- Create a master shopping list organized by store sections
- Designate 2-3 hours for weekly prep:
 - Wash and chop vegetables
 - Cook proteins
 - Prepare dressings and sauces
 - Portion ingredients for easy assembly

WHY THIS HELPS

- Balance blood sugar like a boss
- Crush cravings
- Supports hormone health
- Helps with weight loss (without deprivation)
- Boosts digestion & gut health

HABIT 4

STRUCTURED MEAL PLANNING

EXAMPLE MEAL COMBOS

Breakfast Options

Savory: Scrambled eggs (protein) + sautéed spinach and mushrooms (fiber) + avocado (healthy fat)

Sweet: Protein smoothie (protein) + mixed berries and spinach (fiber) + chia seeds and almond butter (healthy fat)

Quick: Greek yogurt (protein) + sliced apple and flaxseeds (fiber) + walnuts (healthy fat)

Warm: Tempeh (protein) + oatmeal with cinnamon (fiber) + pumpkin seeds (healthy fat)

Lunch Options

Bowl: Grilled chicken (protein) + quinoa and roasted vegetables (fiber) + olive oil dressing (healthy fat)

Wrap: Turkey (protein) + lettuce, tomato, cucumber (fiber) + hummus (healthy fat)

Salad: Chickpeas (protein) + mixed greens and carrots (fiber) + tahini dressing (healthy fat)

Hot: Lentil soup (protein) + kale and sweet potato (fiber) + coconut milk (healthy fat)

Dinner Options

Fish: Salmon (protein) + roasted Brussels sprouts (fiber) + pine nuts (healthy fat)

Vegetarian: Black beans (protein) + brown rice and peppers (fiber) + guacamole (healthy fat)

Classic: Grass-fed beef (protein) + broccoli and cauliflower (fiber) + olive oil (healthy fat)

Bowl: Tofu (protein) + stir-fried vegetables (fiber) + sesame oil (healthy fat)

SUCCESS TIPS

START SIMPLE

- Choose 2-3 breakfast options to rotate
- Plan 3-4 lunch and dinner combinations
- Keep emergency protein options on hand

EFFICIENT SHOPPING

- Create a standard shopping list
- Buy proteins in bulk and freeze
- Stock pantry with stable healthy fats
- Choose frozen vegetables as backup

HABIT 5

DAILY WALKING PRACTICE

Taking a 30-minute walk at a consistent time each day

IMPLEMENTATION STEPS

- Choose a specific time (lunch break, after dinner, etc.)
- Set out walking shoes and weather-appropriate gear
- Map out 2-3 different routes from your starting point
- Track steps or time using a phone or watch

WHY THIS HELPS

- Balances blood sugar like a champ
- Reduces cortisol & stress
- Boosts mood & brain health
- Supports joint health & mobility
- Improves sleep quality
- Promotes heart health & longevity

SUCCESS TIPS

- Link it to an existing habit (after coffee, before shower)
- Have a backup indoor plan for bad weather
- Find a walking buddy for accountability



HABIT 6

EVENING DIGITAL SUNSET

Turning off screens 1-2 hours before bedtime

IMPLEMENTATION STEPS

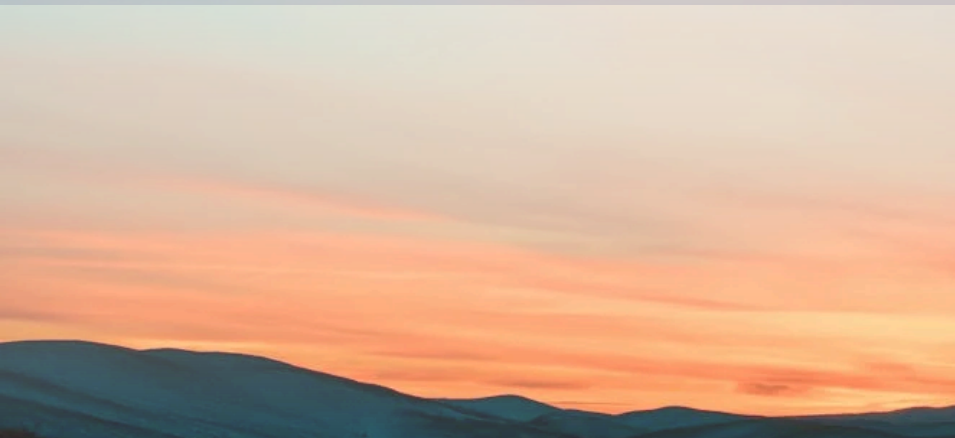
- Set a consistent "sunset" time
- Create a charging station away from bedroom
- Replace screen time with alternative activities:
 - Reading
 - Journaling
 - Light stretching
 - Preparing for tomorrow

WHY THIS HELPS

- Supports melatonin production
- Reduces night wakings
- Helps your brain actually unwind
- Improves sleep quality (not just quantity)

SUCCESS TIPS

- Use app blockers or screen time settings
- Keep a book or journal by your bed
- Set devices to automatically enter Do Not Disturb mode



HABIT 7

GRATITUDE JOURNALING

Writing down three things you're grateful for each day

IMPLEMENTATION STEPS

- Place a journal and pen by your bed
- Choose a consistent time (morning or evening)
- Write three specific things from the past 24 hours
- Include why each item matters to you

WHY THIS HELPS

- Rewires your brain for the good stuff
- Reduces stress + cortisol
- Supports better sleep
- Boosts mood & resilience

SUCCESS TIPS

- Keep entries short and specific
- Link it to an existing habit (morning coffee, bedtime routine)
- Don't worry about repetition in your entries



GENERAL GUIDELINES FOR SUCCESS

Choose One at a Time:

Focus on implementing one habit fully before adding another. Research shows this increases success rates by 80%.

Track Progress:

Use a simple habit tracker for the first 60 days of each new habit. This provides motivation and accountability.

Expect Setbacks:

Missing one day doesn't break the habit. Get back on track immediately without guilt.

Adjust as Needed:

Modify the implementation steps to fit your lifestyle while keeping the core habit intact.

Celebrate Small Wins:

Acknowledge your progress at each stage of the implementation timeline.

Remember:

These timelines are averages based on research. Individual adaptation periods may vary. The key is consistency in your approach, not speed of implementation.

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Implementation Order Recommendation

For optimal success, consider implementing these habits in the following order:

1. Morning Hydration
2. Mindful Morning Ritual
3. Daily Walking
4. Daily Strength Breaks
5. Gratitude Journaling
6. Intermittent Fasting
7. Evening Digital Sunset

This order maximizes early wins while gradually building to more complex habits that require more planning and dedication.

Remember to fully establish one habit before moving to the next. This might mean taking 6-8 months to implement all 7 habits, but the result will be lasting, sustainable change.

The go-to space for midlife women who are DONE surviving and ready to start THRIVING.

This isn't just another menopause support group.

This is a movement for GenX women who want to ditch the brain fog, belly fat, and burnout — and reclaim their energy, confidence, and spark.

Join us on Facebook NOW!

[JOIN US](#)



Your Midlife Playbook

Let's Work Together

You're in the right place. Whether you're just starting to figure out what's going on with your body or you're ready to go all-in, there's a path here for you.

The Midlife Metabolism Blueprint — \$49

Bloated, exhausted, and wondering why nothing's working anymore? This personalized nutrition deep-dive uncovers the hidden patterns, hormone triggers, and metabolic blockers holding you back. You'll get a kickoff call, a guided 5-day food journal, and a full 45-60 minute breakdown session with a clear, doable action plan. No restriction. No shame. Just real answers.

Thriving in Midlife — \$999

A comprehensive 12-module coaching program for women navigating perimenopause and menopause who are done just surviving. We go deep on hormones, nutrition, movement, mindset, and confidence — so you can stop managing symptoms and start actually thriving. Because midlife? It's just getting good.

Energy & Self-Care for the Busy Professional Woman — \$499

Running on fumes and surviving on caffeine? (No judgment — we've all been there.) This 12-week DIY course tackles one doable area of your life each week — sleep, stress, food, boundaries, and more. Practical tools, zero fluff, and a game plan that finally works for your real life.

Fueled & Balanced — \$499 Perimenopause weight loss + hormone balance, simplified

Take control of your health, fuel your body the right way, and actually feel amazing in your skin again. This DIY course gives you the nutrition and hormone knowledge you need to stop fighting your body — and start working with it.