



Empower · Embrace · Evolve

Lift. Live Longer. Let Go.

The Midlife Metabolic Reset Workbook

Resistance Training · Longevity · Cortisol & Insulin Reset



WHAT THIS WORKBOOK IS FOR:

You came here because you're exhausted — and you've been told that's just part of getting older. It's not.

This workbook is your guide to understanding what cortisol and insulin resistance are actually doing to your body — and how resistance training and the right nutrition can change everything.

By Amber Menard | VibraFit | Lafayette, Louisiana

Do You Recognize Yourself Here?

Check every symptom that feels familiar. Be honest. This is for you.

- | | |
|--|--|
| ☐ I wake up tired even after 8 hours | ☐ I've accepted this as "just getting older" |
| ☐ I need caffeine before I can function | ☐ I'm doing everything right and nothing moves |
| ☐ I crash between 1–3 PM every day | ☐ I've lost strength even while working out |
| ☐ I'm wired at 10 PM but exhausted at 7 AM | ☐ My mood is harder to manage than it used to be |
| ☐ I wake up between 2–4 AM | ☐ I feel like I have nothing left to give |
| ☐ My belly is the first place I gain weight | ☐ I've quietly grieved an older version of myself |
| ☐ I feel puffy or inflamed regularly | ☐ I try hard and feel like my body is fighting me |
| ☐ I crave sugar or salt at night | ☐ I'm exhausted by the idea of one more plan |
| ☐ I feel hungry within an hour of eating | ☐ I feel disconnected from my own body |
| ☐ Brain fog hits hard after lunch | ☐ My recovery from workouts is getting worse |
| ☐ I feel more anxious in the evening | ☐ I feel like I'm just managing, not living |

THE REFRAME:

Every box you checked is a message from your body — not a personal failure.
This is a metabolic health story. And metabolic health responds to the right tools.

Welcome.

If you picked up this workbook, I already know something about you.

You're the one who holds it all together. You show up for everyone.
But somewhere along the way, you stopped feeling like yourself.

The energy you used to have? Gone.
The body that felt strong? Changed.
The drive that kept you going? Fading.

And you've told yourself — this is just what 40 looks like.

I'm here to tell you: it's not.

This is a metabolic health story. And metabolic health can change.

ABOUT AMBER

Amber Menard — metabolic health coach,
founder of VibraFit, Lafayette, Louisiana.

For 15+ years she's helped midlife women
understand the real root cause:
it's not willpower. It's metabolic health.

And metabolic health responds to the right tools.



What's Actually Happening In Your Body

Before we talk solutions, you deserve the explanation nobody gave you.

WHAT IS CORTISOL?

Your body's primary stress hormone. In a healthy rhythm, it's HIGH in the morning and LOW at night.

When it's chronically elevated, it:

- Breaks down muscle tissue
- Packs fat around your belly
- Disrupts deep sleep
- Spikes blood sugar
- Slows your thyroid
- Drains your motivation

WHAT IS INSULIN RESISTANCE?

Insulin escorts glucose into cells for energy. When cells stop listening, glucose stays in your blood — and gets stored as fat.

Signs you may have it:

- Belly fat that won't budge
- Intense afternoon cravings
- Energy crash after meals
- Puffy, inflamed feeling
- Brain fog after lunch
- Hungry within an hour of eating

THE CRUEL LOOP:

High cortisol raises blood sugar raises insulin stores belly fat increases inflammation raises cortisol.

No amount of willpower interrupts a hormonal loop. The right tools do.

Your Starting Point Assessment

Circle or check the answer that feels most true right now. No judgment — just clarity.

QUESTION 1

How do you feel most days?

- ☐ Tired, wired, and overwhelmed — I am running on fumes
- ☐ Okay but inconsistent — good days and bad days
- ☐ Motivated but unclear on what to focus on next
- ☐ Mostly calm and consistent — looking to optimize and maintain

QUESTION 2

What is your biggest struggle right now?

- ☐ Stress, sleep, or hormone symptoms — fatigue, weight gain, brain fog
- ☐ Knowing what to eat — blood sugar crashes and cravings feel out of control
- ☐ Staying consistent — I know what to do but I cannot stick to it
- ☐ Fine-tuning — maintaining the progress I have already made

QUESTION 3

Where are you now with your health and body?

Where do you want to be in 12 months? What is getting in your way?

What is ONE thing you want to get out of this webinar?



The Old Story vs. Your New Story

WHERE YOU ARE NOW
"This is just what 40 feels like."
Exhausted no matter how much I sleep
Doing everything right, nothing moves
Wired at night, wiped by noon
Fighting my body every single day
Feeling like I'm just managing life
Willpower as my only tool
Accepting less energy as normal

WHERE YOU'RE GOING
This is metabolic — and I can change it.
Energy that builds through the day
Tools that work WITH my body, not against it
A cortisol rhythm that actually resets
Building strength that protects my future
Living, not just surviving
Metabolic health as my strategy
Becoming the woman I was — evolved

REFLECTION:

Which "Where You Are Now" hit you hardest? Write it here:

Which "Where You're Going" feels most like what you want?



Why Nothing Has Worked (Until Now)

01

"I accepted exhaustion as aging."

The bone-deep tiredness. The wired-at-midnight, wiped-at-noon cycle. You told yourself this was just life after 40. It isn't. It's a cortisol rhythm that's been hijacked — and resistance training is one of the most powerful ways to reset it.

02

"I'm doing everything right and nothing moves."

You increased your protein. You're moving. But high cortisol is catabolic — it breaks muscle down faster than you can build it. Without a resistance training signal, your body has no reason to protect muscle or improve insulin sensitivity.

03

"I'm wired at night and wiped by noon."

Your cortisol curve has inverted. Blood sugar instability keeps re-triggering spikes all day. Resistance training — combined with protein-first eating — is one of the most evidence-backed ways to restore the rhythm and reclaim your energy.

*"Protein builds it. Lifting protects it.
And both of them tell cortisol to stand down."*

3 Actions That Start the Reset

These aren't tips. They are the first three metabolic signals that change the conversation your body is having.

1

Protein First — Every Single Meal

Aim for 30g of protein at your first meal within 60 minutes of waking. This is the single most powerful blood sugar and cortisol stabilizer you have. It blunts the morning cortisol spike and sets your blood sugar up for the whole day.

Quick Win: Fewer afternoon crashes. Less 2 PM cravings. More even energy.

2

Resistance Training 3x Per Week

You don't need a gym. You need resistance — something your muscles have to push or pull against. This sends the signal to protect and build muscle, improve insulin sensitivity, and restore your cortisol rhythm over time.

Quick Win: Better sleep. Stronger metabolism. Body composition that shifts.

3

A Wind-Down Ritual That Lowers Cortisol

Your cortisol needs a signal to drop. 20 minutes before bed: dim lights, no screens, something that calms your nervous system (stretching, deep breathing, calm reading). This is not optional — cortisol lowering at night is when your body repairs.

Quick Win: You fall asleep faster. Wake less. Feel more rested.

What Happens If Nothing Changes?

This isn't meant to scare you. It's meant to show you what you're actually choosing between.

In 1 Year

- Fatigue deepens. Cravings intensify.
- You lose ~1% muscle mass per year without resistance training.
- Insulin resistance quietly progresses.
- You keep adapting to feeling less like yourself.

In 5 Years

- Metabolic syndrome risk climbs significantly.
- Type 2 diabetes risk rises for women who don't address insulin resistance in midlife.
- Bone density decreases — cortisol suppresses bone building.
- The gap between who you are and who you could be widens.

In 10+ Years

- Functional independence depends on muscle built NOW.
- Low muscle mass = higher risk of cognitive decline and mobility loss.
- Women who enter their 60s with insulin resistance face significantly higher rates of cardiovascular disease.

*"The cost of not changing isn't staying the same.
It's compounding in the wrong direction."*

READY TO RESET?

Book your Clarity Call — let's build your metabolic health plan together.

am.empowerembraceevolve.com/widget/booking/AwugkFc20EvXjdGOnb2h

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Notes & Reflections

"Your body isn't broken. It's been waiting for the right signal."