



# Harley Street at Home

MENOPAUSE

Health and Fitness Expert Caroline Kerslake



My business is your Complete Fitness and Wellbeing. I am a women's midlife wellbeing coach who helps women over 40 prepare for a better menopause experience through movement, self-care and lifestyle, without overwhelm and feeling lost, using my skills as a Personal Trainer, Sports Massage Therapist and Holistic Core Restore<sup>®</sup> Coach.

I have worked with many women who are beginning their midlife journey through to Menopause and beyond, myself included! Our lives can be stressful, full on and often leave little time to focus on what "I need" as an individual so a holistic all-round approach is needed.

"In our midlife we need strength, movement and self-care" and I strongly believe that all these elements go hand in hand – the more we get to know our bodies, move – through movement, massage, and apply self-care, the better we feel, the more we can do in the here and now and will want to do our future.

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Facebook: <https://www.facebook.com/carolineatcfit>

Instagram: [https://www.instagram.com/caroline at cfit/](https://www.instagram.com/caroline_at_cfit/)