



Harley Street at Home
MENOPAUSE



12 Week Menopause
Lifestyle and Weight
Management
Programme

www.harleystathome.com

A Special Thanks

We would like to express our thanks to the following organisations for supporting the Back to Basics 12 week menopause Weight Management and Lifestyle Programme.



Theramex who have provided an educational grant supporting the programme. Theramex have no influence over the content of the programme.



Symprove who have provided an educational grant supporting the programme. Symprove have no influence over the content of the programme.



Besins Healthcare UK who have provided an educational grant supporting the programme. Besins Healthcare UK have had no influence over the content of the programme.



We would also like to express our thanks to Linwoods Healthfoods for sponsoring Eating and Moving for a Healthy Heart, which is week 8 of the Back to basics 12 week menopause Weight Management and Lifestyle Programme.

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Welcome

Welcome to the Back to Basics 12-week Menopause Lifestyle and Weight Management Programme!

I'm so delighted that you've decided to join us for this programme. It's designed to help you develop a lifestyle plan that puts you in charge of your weight not just now, but for the rest of your life.

This is 100% not a diet – it's a life-long, lifestyle plan. I want you to sort out your lifestyle once and for all. Do it once, do it properly, and you'll never have to do it again.

Over the next few weeks you will:

- Understand how the hormonal and physiological changes your body is going through are impacting your weight management.
- Be confident about what specifically needs to change in your lifestyle to put you in control of your weight management and keep you in control.
- Know how to manage your weight while taking care of your health at the same time.
- Enjoy planning your food, managing your portion sizes, dealing with cravings, balancing hunger and satiety effortlessly.
- Enjoy foods from all the food groups in a healthy balanced way.
- Find the level of functional activity your body needs to be healthy.
- Receive individual advice on how to build muscle safely in a way that works to help your metabolism work more efficiently.
- Adjust your thought processes to help you change food responses to negative emotions.
- Gain the confidence that you can manage your weight now and for the rest of your life.
- Be supported by a range of experts from the Harley Street at Home Menopause team who have their own special understanding of this phase in your life.





*No more diets -
just good eating*
- Nigel Denby

Over the past 20 years I have chosen to specialise in Nutrition and Dietetics for women in peri menopause and menopause. This is a time in most women's lives when things are changing.

Hormonally, physically, emotionally, domestically, professionally - it's all about change.

Added to this, around 75% of women gain on average around 10kg during their peri menopause. Many women feel utterly lost at this time. That's exactly why I created Harley Street at Home Menopause, to help women find their way through this transition. It's also why I've developed a weight management programme specifically for women at this stage in their lives - your body is different, you are different. The way you control your weight needs to be different too. No more diets - just good eating, functional activity and a healthy, happy relationship with food.

I truly believe that with a bit of thought, some attention to detail and a touch of effort this next phase of your life can be the best ever. By managing your menopause and managing your weight a new freedom and a new happiness is waiting for you.

My pledge to you

During the programme I will make sure you have everything you need to adjust your lifestyle and take control of your weight. This is not a quick fix: you will go at the pace that's right for you. You are not expected to be perfect, just better. You will make mistakes along the way, and as long as those mistakes help you learn something they are not wasted. I will never bully or humiliate you, but I will always be honest with you. I will support you and always try to be kind. I will share with you the strategies I have seen help hundreds of women to get back control of their weight and their health. Not everything will work for you, but I will help you to build your personal toolkit of strategies, techniques and habits to keep you in the driving seat.

What do you need to do?

Be open minded and willing to try new things

Accept you'll need to put energy into this

Be ready that changing your behaviour may feel uncomfortable to begin with

Enjoy new habits and lifestyle becoming your new norm

Have a sense of humour

www.harleystathome.com

Everything we offer at www.harleystathome.com has been built into our timetable to support you. Our classes, masterclasses and sessions have all been carefully thought through to help you build your menopause self-care toolkit. Whether you want to find out about treatments for menopause symptoms, get fitter, learn a few new recipes or find a way to relax and let go of the pressure...we have something especially to help with just that.

Below, you'll find a grid showing all the sessions that regularly feature on www.harleystathome.com.

We ask that at a minimum you join the Back to Basics Menopause Lifestyle and Weight Management programme session with Registered Dietitian Nigel Denby each Monday at 7.00pm. You can join this session live or on catch up (please allow at least 24 hours after the live broadcast for us to upload the recorded session).

Building on Your Strength Class	The Menopause Kitchen	My Menopause Heroes	Restore and Rebalance Yoga Class
Awaken Your Week Yoga Class	Emotional Wellbeing Support	Beginner's Strength Class	Digestive Health in Menopause Programme
Back to Basics Lifestyle and Weight Management Programme	Better Sleep Support	Food and Nutrition Support	Medical Masterclasses
The Menopause Clinic with BMS Accredited Doctors	Pilates Class	Anxiety Management Programme	Resistance Exercise Class

When You Need A Little Extra Support...

We know that starting anything new can feel daunting at first, especially with our wide range of resources available on www.harleystathome.com to help support your Back to Basics journey, as well as your menopause symptoms.

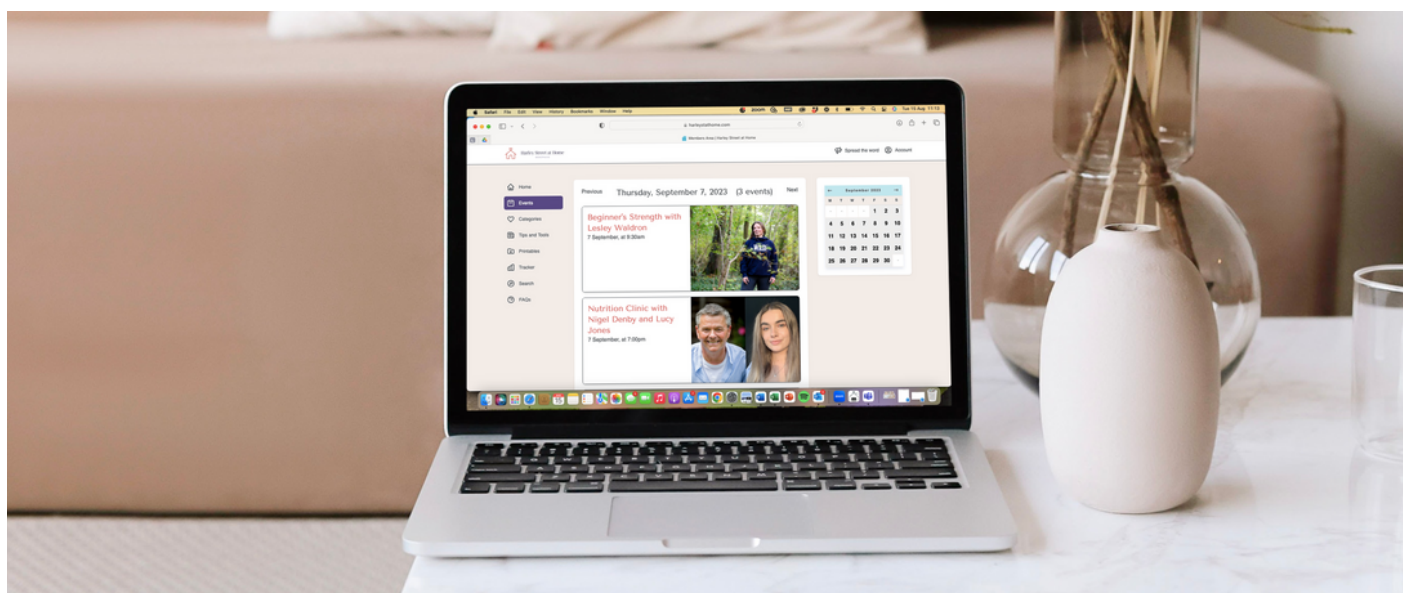
Member's Ambassador Julie Adcock

Our Member's Ambassador, Julie Adcock, is here to support you with a **FREE** 15 minute one-to-one welcome session for Supported Care members.

From strength and yoga classes to nutrition clinics and medical masterclasses, Julie is here to guide you to the resources that you might find useful.

Please note that Julie cannot offer advice and that her role is to help support you in navigating www.harleystathome.com and finding the resources you need. Personalised advice can be provided at an additional charge outside of Supported Care membership fees. If you would like to find out more, please contact support@harleystathome.com.

To book your complimentary welcome session, please email Julie at julie@harleystathome.com.





Week

One

Starting Your New Lifestyle

Aims

- To understand how menopause impacts your weight and nutritional needs
- To discuss weight loss including the benefits
- To understand which measurements to use
- To understand the process of change
- To understand how to use a food diary
- To establish that this programme is a lifestyle plan and not a diet

Oestrogen

- Dropped oestrogen levels means fat deposition will change
- Oestrogen promotes fat deposition around the hips, bum and bust
- Decreased oestrogen causes visceral fat deposition i.e. fat is laid down around the internal organs
- 75% of women in the menopause experience upper body weight gain – you aren't alone
- On average 1.5kg of weight gain per year of the perimenopause is expected, leading to an average gain of 10kg – at least one dress size!

Why Join In With These Sessions?

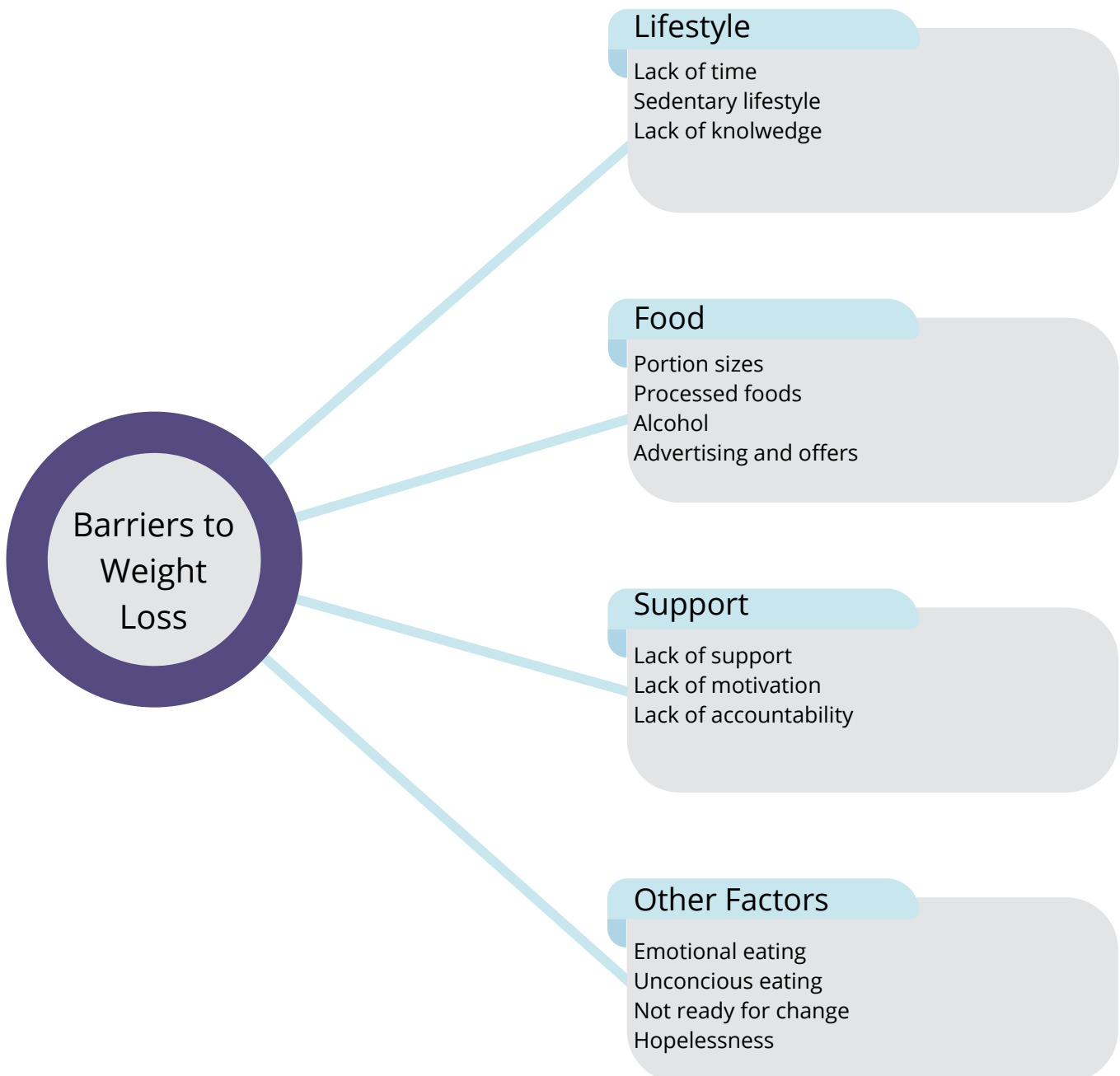
- Find out why you might want to manage your weight
- Dispel some myths
- Understand there's more to this than eating less and moving more
- Get to the heart of what is in your way of changing
- Address your relationship with food
- Helping you get specific about what needs to change
- Begin to formulate a plan of action
- Look at next steps



Losing Weight – Just 10% Body Weight Loss Will Decrease Risk Factors

- Heart disease – more women die from heart disease in the UK than anything else
- Stroke
- Type II diabetes
- Some cancers
- High blood pressure
- Angina
- High cholesterol
- Back and joint problems
- Fertility problems

Why Isn't Weight Loss Easy?



Measuring Progress

There are different methods you can use to measure your progress. Some are more useful than others.

BMI

Doesn't consider:

- Age
- Gender
- Muscle mass vs fat mass
- Ethnicity

Underweight	Below 18.5
Healthy Weight	18.5-24.9
Overweight	25-29.9
Obese	30-39.9

Waist-Hip Ratio

- Indicates body fat distribution.
- Abdominal fat is linked to increased risk of heart disease and type 2 diabetes.
- Menopause is linked to increased upper body fat.

Health Risk	Low	Medium	High
Males	<0.95	0.96-1.0	≥1.0
Females	<0.8	0.81-0.85	≥0.86

Waist Circumference

- Indicates abdominal fat distribution.
- Abdominal fat is linked to increased risk of heart disease and type 2 diabetes.
- Menopause is linked to increased upper body fat.

Health Risk	Low	Medium	High
Males	<94cm	94-102cm	>102cm
Females	<80cm	80-88cm	>88cm

*Differs upon ethnicity

Clothes Size

- Focus on one dress size... that's equivalent to 10% body weight loss.

UK SIZES	BUST	WAIST	HIP
6	35	27	38
8	36	28	39
10	37	29	40
12	38	30	41
14	39.5	31.5	43
16	41	33	44
18	43	35	46
20	45	37	48
22	47	39	50
24	49	41	52
26	51	43	55
28	53	45	57

Is It The Right Time For Change?

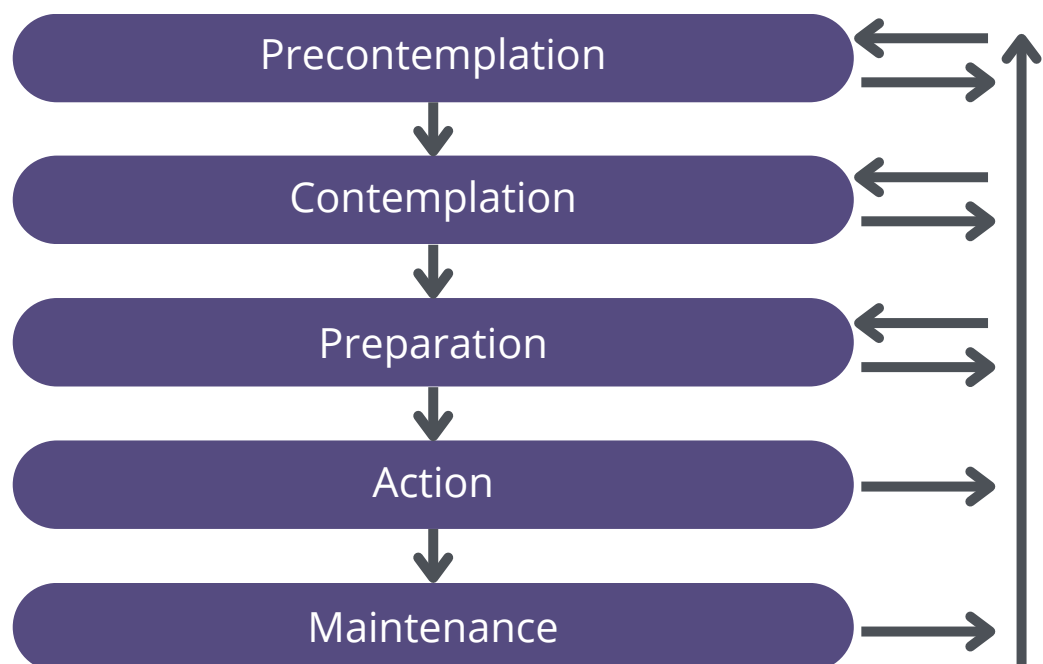
- Is your weight bothering you?
- Are other people bothered about your weight?
- Is there anything your weight prevents you from doing?
- Are you heavier now than you were 5 years ago?
- Is your weight affecting your self esteem?
- Are you uncomfortable about undressing in front of people?
- Have you tried to lose weight without success?
- Are you above your fighting weight?
- Do you want to lose weight?

“

Success is so much more than a number on the scale. Do you feel better in yourself?

”

The Process of Change



Precontemplation

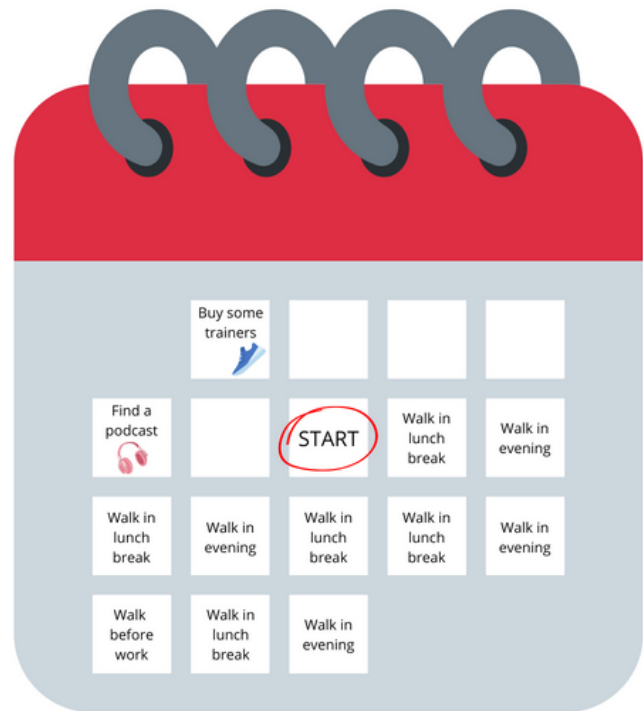
- Don't intend to change.
- Unaware your behaviour needs changing.
- Often look at the cons of changing rather than the benefits.

Contemplation

- Intend to change.
- Aware your behaviours need to change.
- Consider the pros and cons equally.
- Not sure how to change.

Preparation

- Ready to change in the next month.
- Some small changes started.
- Have a plan in place.



Action

- Changed your behaviour in the past 6 months.
- Plan to continue changes.
- Relapse possible.

Maintenance

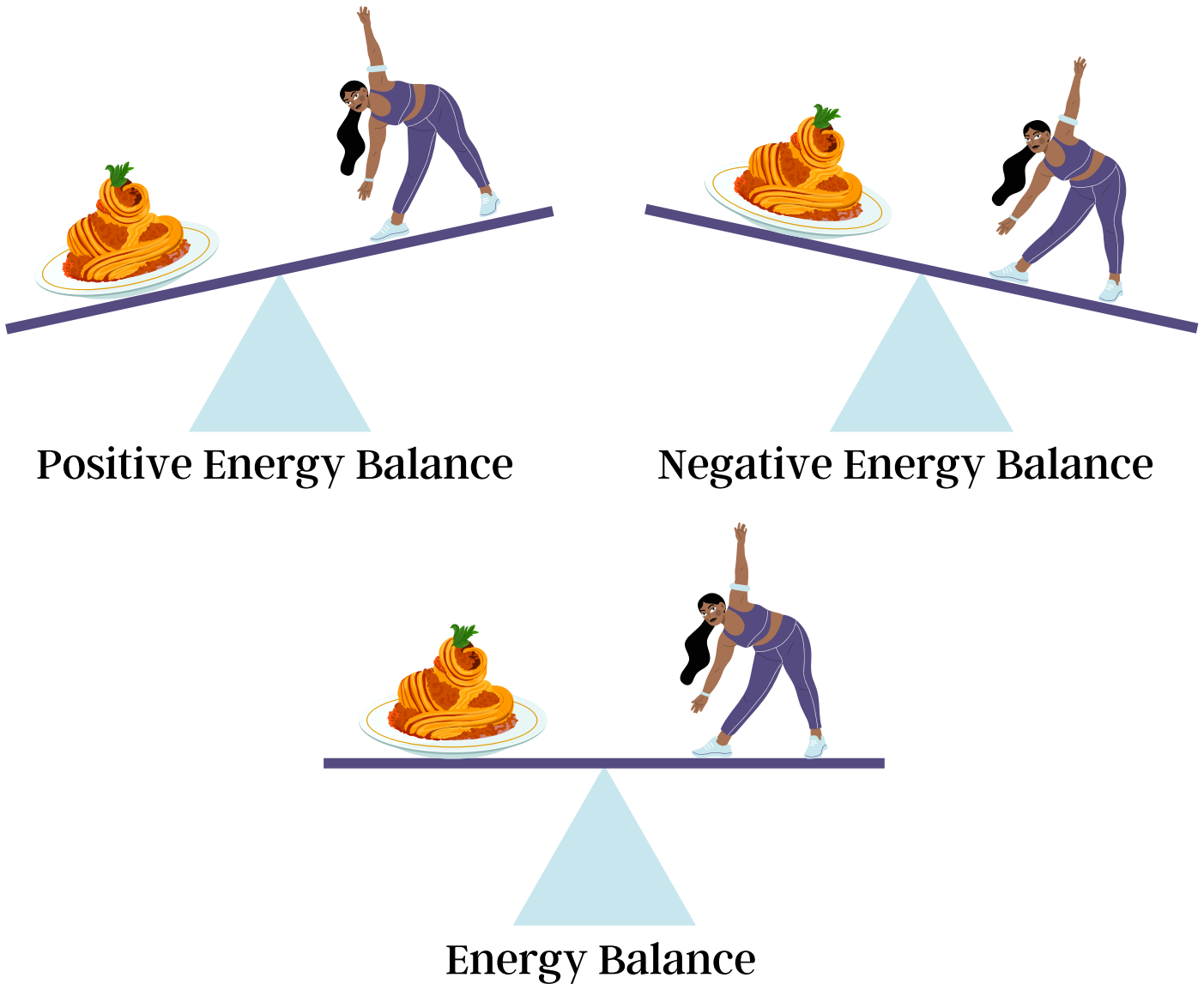
- At least 6 months of consistent changes.
- Plan to continue changes as a 'habit'.
- Relapse possible.

Relapse

- Highly likely in action and early maintenance.
- Important to not let this stop you.
- Get support.
- 'Lapses' are quick slip-ups; 'relapses' are bigger slip-ups.

Why Are You Overweight?

- What kind of energy balance do you have?



To Lose Weight You Need A Negative Energy Balance

- An energy deficit of roughly 500kcal alongside resistance training and 10,000 steps each day will help create a negative energy balance
- A 500kcal/day deficit will help with ½ lb- 2lbs/week weight loss - this is a safe rate.

But What About...

- Slow metabolism? → differences in metabolism are minimal.
- Obesity related genes? → this doesn't guarantee weight gain.
- Ethnicity?
- Being big boned? → this isn't true.
- Hypothyroidism? → it's still possible to lose weight.
- Polycystic Ovarian Syndrome? → it's still possible to lose weight.
- Leptin deficiency?
- Drugs such as corticosteroids, antidepressants and some sedatives, contraceptive pill and HRT?

But What About Weight Loss in Menopause?

- Loss of fat free mass (i.e. muscle) due to ageing.
- Reduction in free circulating oestrogen changes fat distribution.
- Change in fat ratio from adipose to visceral fat (the type we're concerned about.)
- Visceral fat increases from 5-8% to 15-20%.
- Average annual weight increase in your 40s, 50s and 60s is 1.5kg/year.
- Heart and bone health is impacted.
- This means even if you weren't overweight before menopause, you'll almost certainly gain weight during and after menopause...unless you take action!

What is A Safe Rate of Weight Loss?

- Safe rates of weight loss are ½ lb- 2lbs / 0.25-1kg/ week.
- Theoretically a weekly energy deficit of 3500kcal is the equivalent to 1lb/ 0.5kg body fat.
- This can be broken down to 500kcal/day : 500kcal x 7 = 3500kcal.
- An energy deficit greater than this isn't recommended.

Why Do Diets Fail?

- Think about a time you lost weight but then regained - what happened and why?
- Did you get bored of the diet?
- Did an event come and go? (like a holiday)
- Did a life event occur? (e.g. wedding)
- Diets ends... lifestyle continues!



What happened when you last lost weight?

Write your thoughts here



Where could you save 500kcal?

- 2 large glasses of wine
- Tuna mayo baguette
- Take Out
- 1.5 chicken breasts
- 50g butter
- 100g chocolate
- 100g cheese
- 4 bananas
- 75g peanuts
- 3tbsp buttery mash
- Caramel latte
- 2 scones
- 2tbsp mayo
- 2 packets of crisps
- 1.5 chocolate bars

Where could you save 500kcal?

Write your ideas here

How Active Are You?

Let's see what your 'normal' is and record the following below:

Activity	Date:
Steps each day	
Resistance exercise	
Restorative	

What Could Happen If You Reached 10,000 Steps Each Day For A Year?

By increasing your steps from 2000-3000 steps/day to 10,000 steps/day, you could lose:

- 4 ½ lbs or 2kg
- 9 lbs or 4kg
- 13lbs or 6kg

All without touching your diet!

Three ways you can do more steps?

Write your ideas here

Keeping A Food Diary

Keeping a food diary for a few days can be really useful. It can help you find patterns in your eating which you weren't aware of before. Often you may find it highlights specific areas of your dietary habits that you want to change.

A food diary is only useful if it's accurate, the following tips will help you to keep it as real and true as possible.

- Remember, I am not here to humiliate you, anything you include in your diary is confidential and I WILL HAVE SEEN MUCH WORSE! So, don't worry, you won't get told off!
- Try not to let the fact that you are recording your food intake affect what you eat. Have as normal day as possible, and don't eat what you think I want to see.
- It's human nature to underestimate what you eat - BE HONEST!
- Try to keep your diary up to date throughout the day, if you wait until the evening to update it you will almost certainly forget things.
- Be specific. Remember the gravy or sauce on meat, the parmesan on pasta - WRITE EVERYTHING DOWN!

Why am I asking you where you were or who you were with etc?

- Time: You need to see how regularly you are eating, often people skip meals and then have high calorie foods later because they have allowed themselves to get too hungry.
- Estimate handy measures: Completing a food diary is hard enough to do when you've got a job to do, or a family to look after (or both!) You don't have to weigh your food but try to guess amounts. If it's a piece of cake, is it big or small; vegetables - how many tablespoons; bread- was it thick or thin slices?
- Where you were: At home, visiting family or friends or eating out. Different environments can affect what you eat. Often you can eat significant amounts of extra calories while you are concentrating on other activities.
- Who were you with? The people around you can influence the way you eat; it might also be significant to see what you eat when you are alone!
- How was your mood? Your eating can be affected by our emotions. A lot of people have relationships with food which can be affected if they are bored, stressed, lonely or anxious. Sometimes you might eat and feel just fine! That's Ok too; just write down that you felt fine.

Menopause Symptom Tracker

Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Anxiety							
Low Mood							
Depression							
Mood Swings							
Crying Spells							
Brain Fog							
Loss of Confidence							
Poor Concentration							
Poor Memory							
Loss of Joy							
Reduced Self Esteem							
Irritability							
Heart Palpitations							
Difficulty Sleeping							
Tired/Lacking Energy							
Headaches							
Painful/Aching Joints							
Hot Flashes							
Night Sweats							
Changes to Periods							
Vaginal Symptoms							
Urinary Symptoms							
Loss of Libido							
Feeling Dizzy/Faint							
Dry Eyes and Ears							
Oral Health Changes							
Thinning Hair							
Dry/Itchy Skin (Formication)							
Tinnitus							
Restless Legs							
Changes to Body Odour							
Increased Allergies							
Digestive Issues							

Food Diary | Date:

Time	Food Eaten	Rough Amount	Where Were You?	Who Were You With?	How Was Your Mood?

Food Diary | Date:

Time	Food Eaten	Rough Amount	Where Were You?	Who Were You With?	How Was Your Mood?

Food Diary | Date:

Time	Food Eaten	Rough Amount	Where Were You?	Who Were You With?	How Was Your Mood?

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Food Diary | Date:

Time	Food Eaten	Rough Amount	Where Were You?	Who Were You With?	How Was Your Mood?

Activity Diary | Date:

	Movement Carried Out	Daily Movement Level (Sedentary/Active/Very Active)	Mood and Energy Level
Pre-breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening			
Other			
Total Minutes of Movement			

Activity Diary | Date:

	Movement Carried Out	Daily Movement Level (Sedentary/Active/Very Active)	Mood and Energy Level
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Mid-morning			
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Pre-breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening			
Other			
Total Minutes of Movement			



These Are My Whys

Write your reasons for change here

These Are My Barriers

Write what's stopping you creating change here

These Are Things I Want To Change

Look at your food and activity diaries and decide what you want to specifically change



Learning to Love

Exercise in Menopause

Learning to Love Exercise in Menopause

Even if you've not been into it until now – even if you've not exercised since school - I'm going to help you to love exercise in and around menopause!

Why? Because frankly, you don't have much choice! Exercise is a non-negotiable leading up to, during and after the menopause as it benefits all aspects of your life and body.

What's more, trying to manage midlife weight gain by diet alone isn't going to work - even if it has in the past. Now you're in your 40s, 50s, or beyond, you must replace that lost muscle tissue or you're going to have to 'diet' just so your weight stays steady, and frankly, life's too short.

Why is this? Well, during peri menopause and menopause your body changes. Your ratio of lean mass and fat mass alters, your energy levels can change, and your flexibility can reduce. You may find you develop aches and pains you didn't have before.

Sound familiar?

Well don't panic. Developing a simple but effective level of aerobic, strength and restorative exercise is something every woman will benefit from - the reality for midlife women is that you need to be stronger and healthier.

At Harley Street At Home, we have a team of movement and exercise specialists who understand you and how you're feeling and will help you find your exercise groove. Even if right now, you're not feeling it.

There are three main pillars we're going to acquaint you with:

- Strength
- Steps
- Self-care and restorative

But first, if weight loss isn't your priority, you may be thinking, 'why exercise?'



Short Term Gains

- **Stress:** Exercise helps manage the stress that can exacerbate your menopause symptoms – hot flashes, anxiety, insomnia, etc. For some of you, exercising to get hot and sweaty may be perfect. For others, this will be too intense and breathwork, meditation and yoga would suit you better. Choose what works for you.
- **Sleep:** Exercise can help with insomnia in menopause, as long as it's not too close to bedtime. It makes sense - get yourself physically tired and your sleep will come easier and be deeper.
- **Constipation:** Movement and exercise work together to help deal with this.
- **Aches and pains:** The old school idea that 'rest is best' is no longer held to be true. Motion is lotion! Sitting is the 'new smoking' in terms of the impact on your health.
- **Mental alertness:** Exercise can help to prevent mental decline as we age, having to think about moves and balance helps create more brain connections.
- **Metabolism:** Strength training boosts metabolism and can help with weight loss too!



Long Term Gains

- **Build strength:** Muscle and bone strength start to decline from the age of 30 to 35, speeding up in menopause, when there's a huge decline in strength. Midlife is a time to be as strong as possible to help future-proof your health.
- **Build bone density with strength training to help prevent osteoporosis:** fractures are the biggest killer of women over 80. Try online low intensity exercise programmes - increase intensity as you go along.
- **Be kind to your hearts and brains:** cardiovascular disease is the biggest killer of midlife women. From the age of 50 onwards, post-menopause, women's rate of heart disease equals that of men. Physical activity is a massive predictor of cardiac health - exercise makes the heart bigger, stronger & reduces heart rate.
- **Cognitive decline can be slowed through exercise,** especially those exercises that challenge your coordination - not the old faithful that you've been doing for 10 years. Challenge your body.
- **Weight management:** Are you struggling to shift weight in menopause? Upping the intensity can help to prevent the build-up of cortisol that the body produces under stress causing the body to hold on to fat around the middle. You can't outrun a bad diet but a good diet plus exercise can help reduce and maintain your weight

Don't Worry If You've Not Exercised In Ages

- Start small. Don't put pressure on yourself. Set low expectations and slowly, gradually, build up what you're doing.
- There's no need to be perfect, just consistent – lots of us can be all or nothing, starting with all the gear or signing up for a class, but then life gets in the way, and we fall away. If we prioritise health, we should aim to ensure we keep moving every day.
- Buddy up with someone and agree to check in with one another a couple of times a week.
- Mix things up! Stay loyal to your regular classes but add new things. The greater the range of activities you do, the less prone to injury and illness you'll become as your body can do different things and get stronger in different places.
- Pelvic floor weakness can stop women exercising. Pads are not a long-term solution. You need to move and exercise, and if it means wearing a pad, do so, but also address what's happening with your pelvic floor. See a women's health physiotherapist and exercise your pelvic floor every day to strengthen and reduce leakage.
- Give yourself permission to silent the negative voice for a while and to turn up the 'well done, I did it.' Celebrate each and every change you make, no matter how small. It all matters and it all counts!



Find The Exercise That's Right For You

Often, exercises aimed at perimenopausal, and menopausal women can be too gentle and slow. Don't be scared of impact or strength training. Try one or two Harley Street at Home classes that are outside your comfort zone – you might just surprise yourself.

Things to consider:

- Work your way into a sweat.
- Don't overdo it; listen to your body.
- Make sure exercise helps you to decompress, not add to your stress.
- Try to include resistance strength work to keep your bones healthy and reduce the risk of osteoporosis (either using your own body weight, high impact activity, stretch bands or actual weights.).
- As part of your steps, include high intensity interval training to build muscle.