



week

Two

Building Your Action Plan For Eating

Aims

- To analyse your food diary
- To build your action plan
- To discuss and understand portion sizes
- To understand the differences between muscle cells and fat cells
- To assess the support you have access to

“

Remember - this is not a diet - what you do now to control your weight is what you need to do forever. If you continue to do what you've always done... you'll get what you've always got.

”

Body Composition

- Declining oestrogen levels can cause reductions in muscle mass.
- Reduced oestrogen levels also promote greater abdominal fat storage - this means you're body shape may change.
- When building muscle mass, you'll start to lose body fat. As a result, you'll often see changes in your body shape before you see changes on the scale.
- Always use multiple measurements when tracking progress.



What Does Your Action Plan Need To Consider?

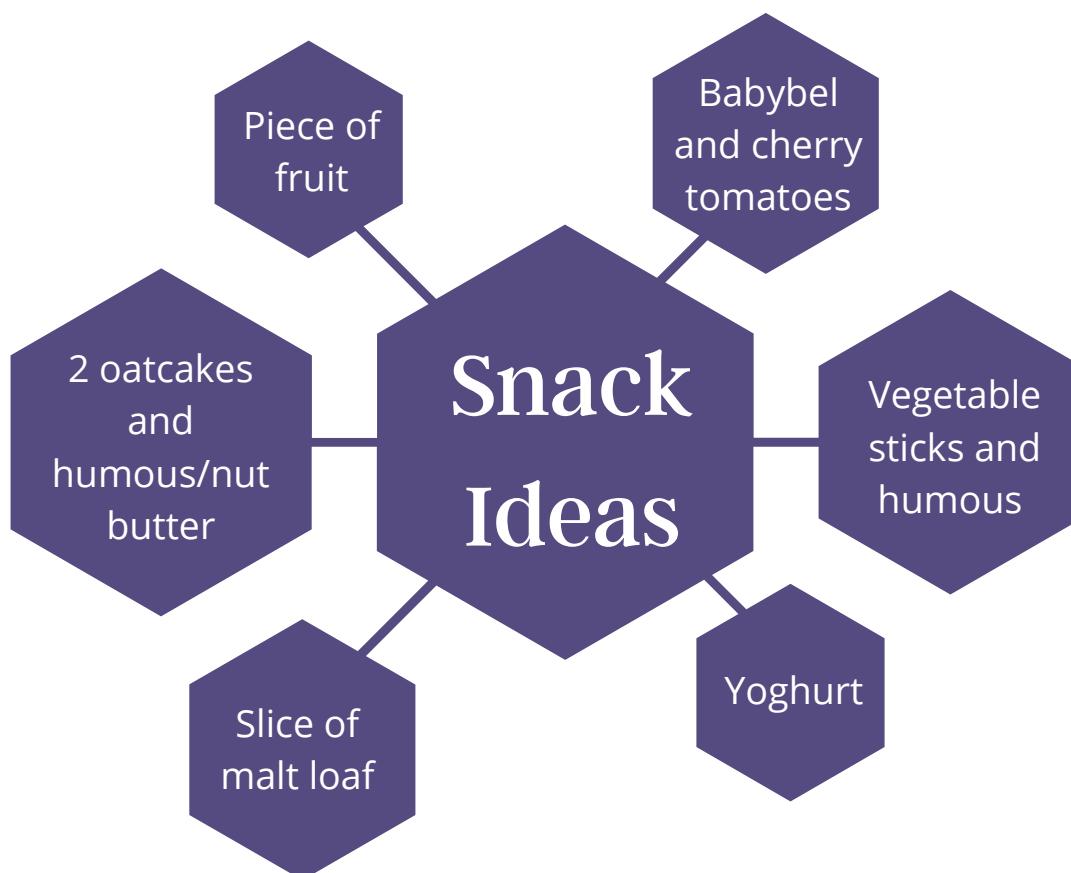
- SMART goals.
- Energy in - think about quantity, quality and frequency.
- Energy out - how can you gradually increase your movement?
- How realistic and achievable are your goals?
- Reflect on past experiences - what worked and what didn't?
- Where will your support and accountability come from?

Reflect On Your Food Diary

- Is it clear what needs changing?
- Look at your diary to find where changes are needed - are you eating too little which is causing bingeing? Are you consistently grazing?
- If keeping a food diary helps, keep going for now - but remember to be honest. This means including any grazing!

Top Tips for Planning Your Day of Eating

- Don't leave more than 4 hours between eating.
- Aim for breakfast, lunch and dinner PLUS a mid-morning and mid-afternoon snack
- Create a selection of 4-5 healthy snacks.
- Remember - the time of day you eat doesn't matter!
- Consider who you're eating with - does this impact what and how much you eat?
- Consider what you're doing when you eat - is this leading to unconscious eating?



Portion Sizes

- Your meal should be the size of your cupped hands.
- Balance your plate with:
 - ¼ protein
 - ¼ carbohydrates
 - 1/2 fruits, vegetables and salad

Mindful Eating

- Eat slowly - put your knife and fork down between bites and chew slowly.
- Remove distractions - sit away from the TV, your phone or work.
- Eating slowly allows your body to recognise when it feels full.

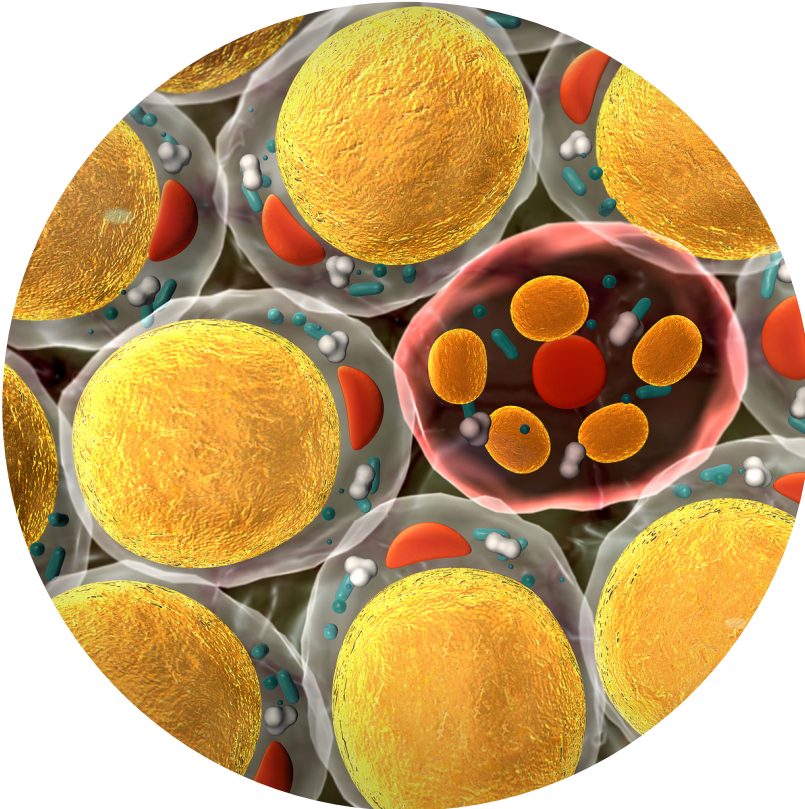


What Snacks Can You Include?

Write your ideas here

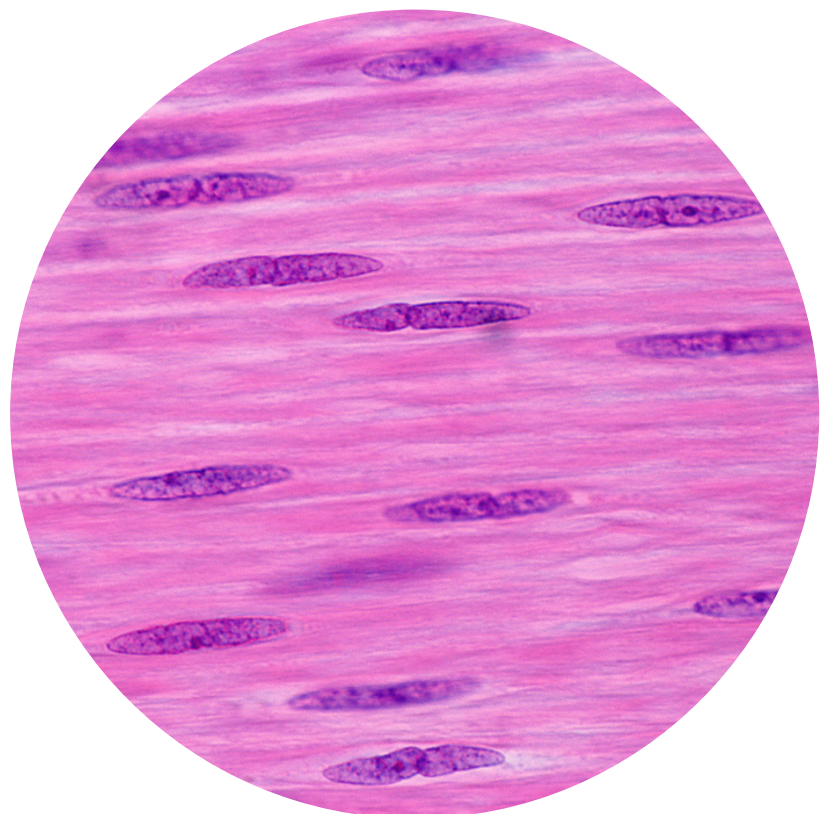
What Is The Difference Between Fat and Muscle Cells?

- Fat cells fill up as you gain weight and shrink when you lose weight, but they'll never disappear. Once a fat cell is full, a new one is made.
- Muscle cells decline if you don't move much and also decrease as part of ageing. Daily exercise, particularly strength training, can help increase the number of muscle cells.
- Muscle cells help increase your metabolism.



Fat Cells

Muscle Cells



You Need To Choose Support Carefully

One of the unique elements of Back to Basics is the range of support available to you. All of us here understand how changing your behaviour can be difficult. We all know that sometimes you'll make mistakes and have bad days- you will never be judged, told off or humiliated for slipping up or for finding the going tough.

There are so many ways we will support you. Our team of expert are on hand to answer questions and give you specific support in the [Lifestyle, Self-Care and Weight Management Facebook group](#).

Facebook

We can't stress enough how helpful it will be for you to share your journey by posting regularly in the group. In our experience, the women who do this tend to have the most successful Back to Basics experience.

Back to Basics Motivators

We have a team of Back to Basics motivators in the group who are there to encourage you, share your success and pick you up when you are feeling low and unmotivated. The Motivators are all regular members of the Harley St at Home community. They're women just like you who are trying to take better care of themselves. They really get it!

Back to Basics classes, workshops and meetings

We have a timetable of weekly sessions specially designed to help you along your Back to Basics journey. These include monthly cooking sessions and masterclasses, as well as weekly movement and exercise classes and emotional wellbeing support. Don't forget that the Back to Basics Menopause Lifestyle and Weight Management programme session is on a Monday at 7.00pm.

One to one support:

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. Her role is to help guide you to the resources on www.harleystathome.com that you might find useful. To book your complimentary welcome session, please email Julie at julie@harleystathome.com.

Your Tasks

- Identify the changes you need to make in your diet.
- Plan the strategy you'll use to help.
- Write your plan as a SMART goal.
- Give each point in your plan a point. Each evening, total up your total number of points for the day and reflect on the successes and difficulties of the day.
- Be accountable to the Facebook group.



What are your key learnings and reflections from your food and activity diary?

Reflect on your key learnings from your food and activity diary to write a list of what you would like to change. You will use these points to help write your SMART action plan.

Example of SMART Action Plan

Action	Specific	Measurable	Achievable	Realistic	Time Specific	Accountability
Eat regularly	Have breakfast, snack, lunch, dinner	I will give each action points to track	Yes	Yes	I will start today	Action plan points
Walk 10,000 steps each day	Walk 2500 in my morning dog walk, 5000 in my lunch break and 2500 in my evening dog walk	Use myfitness watch to track steps	Yes - my dog has to be walked and I can use my lunch break	Yes	Already started	Action plan points
Prioritise my needs	Take my lunch break	I will have time to eat and time to walk	Yes - everyone else takes their lunch break	Yes - providing I set boundaries	Start Monday	Tell my colleagues that I'll be doing this. Action plan points
Don't buy calorie dense meal deals	Take homemade lunch and snacks to work	I will give each action points to track	Yes - if I prepare the night before	Yes - I'll save £30/week	Start Monday	Action plan points

My SMART Action Plan

Action	Specific	Measurable	Achievable	Realistic	Time Specific	Accountability

My SMART Action Plan

Action	Specific	Measurable	Achievable	Realistic	Time Specific	Accountability

Meal planner

	Breakfast	Lunch	Dinner	Snacks
M				
T				
W				
T				
F				
S				
S				



Finding Your Exercise Tribe

Finding Your Exercise Tribe

When it comes to keeping active in and around menopause, variety and consistency are key. In other words, regularly incorporating different types of movement into your routine will be the most effective way to help you lose weight, keep it off, and also help to reduce your symptoms.

So, How Best To Do This?

Studies show that a combination of aerobics, strength training, and restorative exercises (like those performed during yoga) is the most effective strategy to help manage weight and reduce symptom severity during menopause.

At Harley Street at Home, we have a team of movement and exercise specialists so you can be sure you can find the right exercise for you.

Remember, you want to 'pick and mix' from the three pillars of exercise:

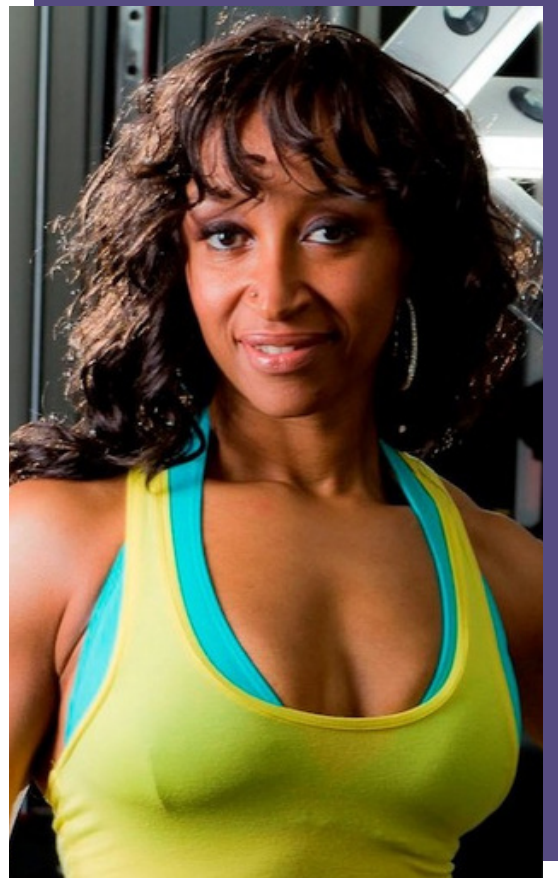
- Strength – using weights, resistance bands, or your own bodyweight
- Steps – cardio-based, walking, walk/running, running
- Self-care and restorative – Pilates, yoga, swimming

Your Strength Trainers

Clara Masha

Clara is a fitness and nutrition coach specialising in strength training for menopause. She inspires women to embrace strength training to ensure a happy, healthy, and active lifestyle as we age. Her classes are all about learning how to build strength the right way. She starts with body weight to get your body moving correctly, with the correct technique, and then slowly transitions to weighted movements using dumbbells.

Join Clara every Monday at 10am or on catch up in your own time.



Lesley Waldron

Lesley is a health and fitness coach on a mission to support and inspire women in their 40s and beyond to feel wildly well, empowered and supported to prioritise self-care. She helps women find joy in movement and embrace ageing. Lesley is a personal trainer and running coach and runs body positive, outdoor fitness classes for women in all stages of menopause. She's also an Integrative Women's Health Coach and NLP practitioner and supports women through menopause with nutrition, mindset, movement and more.

Join Lesley every Thursday at 9.30am or on catch up in your own time.



Caroline Kerslake

Caroline is 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. She uses her skills as a Personal Trainer, Sports Massage Therapist and Holistic Core Restore Coach to offer an all round holistic approach. Caroline strongly believes that the more we get to know our bodies, move through movement, massage, and apply self-care, the better we will feel – not just now, but in the future.

Join Caroline every Wednesday at 6pm or on catch up in your own time.

Your Restorative and Self-care Teachers



Karen Grinter

With over 25 years in the fitness industry as a pilates teacher, Karen knows more than a thing or two about pilates. Not only is Karen an experienced pilates teacher but she's also passionate about sharing the knowledge and reasoning for each exercise. After all, knowledge is power. Pilates offers so much for midlife health, helping to promote strength, improve posture, increase bone health and develop mobility and flexibility.

Join Karen every Friday at 8am or on catch up in your own time.

Alex Bannard

Alex has been teaching yoga and mindfulness for over 10 years. She specialises in Vinyasa Flow, Yin, Kundalini and yoga for menopause. She is a huge believer in embracing self-care, making you a priority in your life, and doing things that light you up and fill you with joy. She firmly believes we can all rewrite the menopause narrative to thrive, not just survive.

Join Alex every Monday at 8am or on catch up in your own time.



Louise Pitman

Louise is a highly experienced yoga teacher who specialises in women's health. She is also a womb massage practitioner, breath guide and menopause mentor. Louise is passionate about using her own experience of menopause to support other women to navigate and sustain their changing bodies through their menopause. She aims to help women find the power within, embrace the woman they are now and rock midlife. Louise has also undertaken breath training for menopause and uses these techniques in her practice.

Join Louise every Tuesday at 8.15pm or on catch up in your own time.



Remember To Ask Yourself

- Where are you currently most active?
- What scares you most? Why is this?
- What would you see as a treat/self-care?
- How could you build more movement into your life?