

- Middle aged women / Menopause



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6 ways to SLAY MIDLIFE

Wellness coach Sarah Fuhrmann shares why midlife is the time to prioritise your health and wellbeing, and embrace menopause to turn it into your superpower!

BY 2030, AN ESTIMATED 1.2 billion women worldwide will be experiencing menopause, with 47 million more entering this transition each year. Huge numbers, and yet, many of us still go through this phase feeling overwhelmed, alone, and desperate just to feel like ourselves again.

That was me too when I hit perimenopause. I was going along fine and then, seemingly overnight, I had gained a belly, couldn't sleep through the night, my workouts were off, and absolutely everything stressed me out.

Over time, through my own search for solutions I realised that getting back to my old self – or dare I say it, an even better version of myself –

was possible if I got the right lifestyle pillars in place.

Because imagine if menopause could actually be your superpower, the gateway to a new beginning and a time in your life when rather than feeling overwhelmed and invisible, you feel strong and empowered? The following strategies cover six areas of life to help you turn what can be a challenging life stage into an opportunity to reclaim vitality, joy, and sense of self.

Pick just one strategy and test it for at least a week, preferably two, so you can really see whether it helps you feel better. This way you avoid the confusion of trying multiple options at the same time and ending up not knowing which made the difference.

1. MASTER YOUR MINDSET

Instead of viewing menopause as something to simply endure, see it as your gateway to an exciting new chapter, one in which you've earned the right (with the lived experience to back it up) to do life on your terms and finally focus on you.

Having a growth mindset is essential for this. It lets you embrace the natural imperfections of the journey and treat any "negatives" as valuable feedback rather than as a failure.

When you're ready to start making changes, set yourself up for success by starting with micro targets – ones that are so achievable they might seem almost too easy.

Neuroscientists say these small wins rewire your brain, helping you build momentum and, crucially, create sustainable change.

So rather than diving into a complete lifestyle overhaul (hello, stress!), choose small, manageable steps. Want to start exercising? Begin with a 10-minute walk rather than committing to 5am boot camp. Want to sleep more? Start by going to bed 5-10 minutes earlier rather than aiming for a whole hour.

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2. MAKE SLEEP THE STAR

I protect my sleep like it's the Crown Jewels, and with good reason. A recent research meta-analysis found that more than half of menopausal women experience sleep disturbances.

For women in menopause, sleep quality often makes or breaks our day. The science explains why: just one night of poor sleep can increase cravings for high-carb foods by up to 45 percent, for example.

Better sleep means more energy, steadier moods, and clearer thinking – exactly what you need to show up as your best self. Here are some of the game-changing habits that my clients swear by:

- If middle-of-the-night waking is your nemesis, try a strategic bedtime snack that pairs carbs with protein or fat – think apple with nut butter or turkey with some wheat bread.
- Keep a consistent sleep schedule, even on weekends, to regulate your body's internal clock.
- Create a calming bedtime ritual, perhaps with some gentle yoga poses, breathwork, or light stretching – to signal to your brain it's time to wind down.

3. MOVE SMARTER

The key to fitness in menopause typically isn't doubling down on what you've always done. It's taking a balanced approach that respects your body's changing needs – including its demand for more recovery.

Your midlife weekly movement menu would ideally include a mix of:

- Strength training for muscle and bone health.
- Cardio for a strong heart and lungs.
- Mobility for fluid, pain-free movement.
- Balance and agility to stay steady and prevent falls.

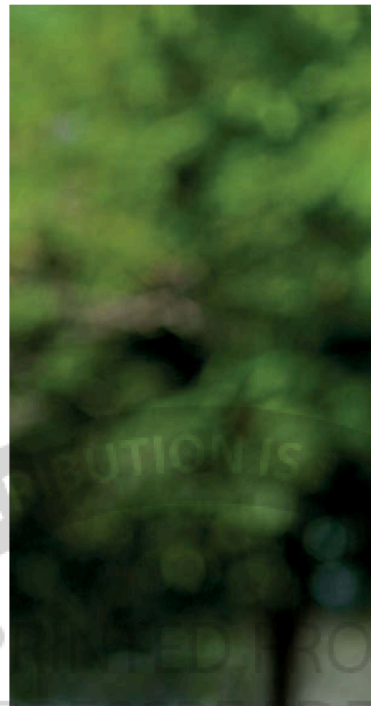
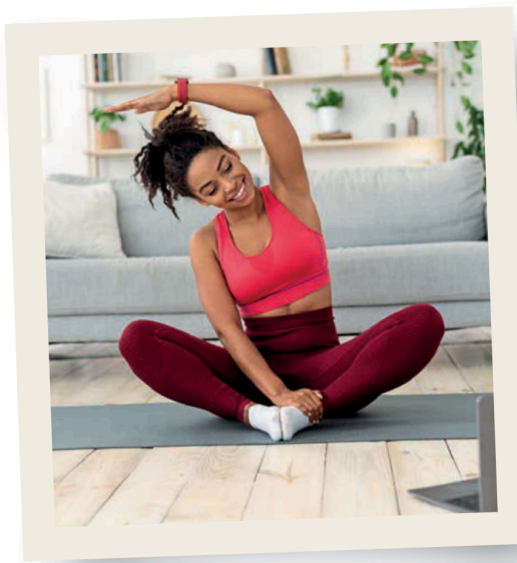
These, combined with adequate rest, will help you build a strong body that will carry you through all the challenges you want or need to take on.

4. NAIL YOUR NUTRITION

Good nutrition in menopause means giving your body the building blocks it needs to really thrive.

Three key elements make the biggest difference for my clients, and they're easier to manage than you might think.

- Prioritise protein. Some people don't break down protein as well as they used to, often due to lack of stomach acid (consider digestive enzymes or HCl – hydrochloric acid – if you think your gut needs some





assistance), yet we need protein more than ever. Aim for a palm-sized portion (about 25g) at each meal and half that as a snack.

- Focus on fibre. Around 25g daily will help support gut health and keep hunger at bay. Your gut bacteria will thank you!
- Stay hydrated. Your thirst signals become less reliable as you get older, so make drinking water a conscious habit throughout your day.

5. MANAGE STRESS

During this life stage, chronic stress can lead to disrupted sleep, gut issues, accelerated ageing, increased risk of cardiovascular problems, and more.

Try these research-backed management strategies:

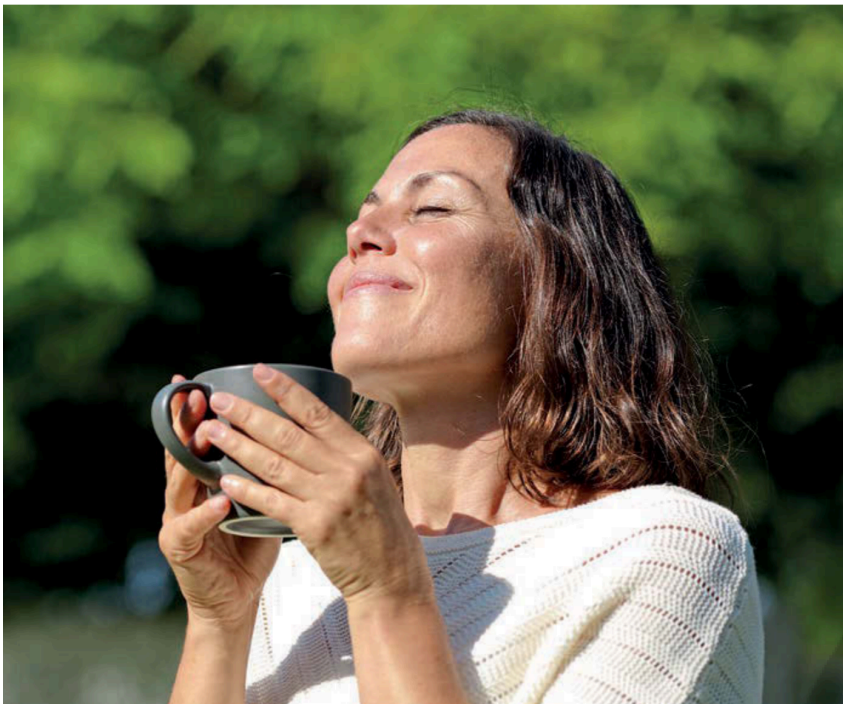
- Take the temperature down with daily stress management practices such as meditation, time in nature, or breathwork. Even 5-10 minutes can help regulate your nervous system and reduce stress hormones.
- Balance stress by giving your body time to repair and restore through activities such as gentle movement, connecting with friends, or pursuing creative hobbies.
- Strategic exposure to moderate stress, such as challenging workouts or tackling difficult tasks, actually trains your brain to better handle life's challenges. Start small and gradually increase your comfort for discomfort.

6. PUT YOURSELF FIRST

During the menopausal years, many women find themselves juggling even more responsibilities than ever: ageing parents, growing children, demanding careers, community commitments. As a result it can be easy to forget self-care, but now is when it becomes non-negotiable.

Remember: taking care of yourself isn't selfish: it's essential for showing up fully in all areas of your life. Some of the practices that can restore and replenish you include:

- Scheduling regular "me time" activities that fill your cup, whether that's time with a friend, a quiet cup of tea and a book, or working on a favourite hobby.
- Saying no, without guilt, to energy-draining commitments.
- Creating morning and evening rituals that prioritise your wellbeing.



Sarah Fuhrmann is a US-based wellness coach specialising in empowering menopausal women to reclaim control and feel like themselves again. Certified in menopause coaching, nutrition, sleep science, and functional ageing, she works with clients worldwide. Find her at [instagram.com/sfuhrmann906](https://www.instagram.com/sfuhrmann906) and at [sgfcoaching.com](https://www.sgfcoaching.com).

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