

10 Tips for Aging Empowered

1. **Intentional** Be intentional about what you want to eat and when / how you want to move.

2. **Mindful** Notice how you are feeling when you are eating and moving.

3. **Lift** Add or increase resistance training.

4. **Power.** Power is independence.

5. **Think** Movement alleviates symptoms of brain fog.

6. **Fun** Enjoying your activities promotes endorphins

7. **Community/ Support** Who is supporting you?

8. **Fueling** how's your protein intake?

9. **Boundaries** What are you saying “yes” to that you can easily say “no”?

10. **Stress management** stress affects hormone levels which can interfere with your goals.

Goal- practical tools for your tool box to continue to age empowered

Rate yourself on these topics and think about where you can reasonably put your focus

1-5

NOTES

1. At the beginning of the day, think about what you have to do. Where can you fit in movement? What is plan for eating? Intention is a strong predictor of behavior. If you do not intend to do something, you won't.

2. Mindful. So powerful. Pay attention to how you feel when you are moving? Is something tight? Do you feel relaxed as you walk? Tension in your chest/ shoulders? Do a 1 minute exercise

Eating. Eat only when you are hunger See your food. Smell it. Sit with it, be grateful for it. One bite at a time. Slow down and taste. Do not add another bite until you swallow the first one. Breathe between bites. Notice how you feel as you eat and when you are done. Best way to control portions

3 Lift- are you a cardio queen? Not have much of a plan for your resistance training? Don't know where to start? Are you already lifting but sticking with those 5-pound dumbbells? Challenging yourself changes hormones. Consistency will change you. Helps decrease hot flash frequency, builds muscle which delays sarcopenia which is different from atrophy. More like osteopenia

4. Power we use it when we pick up the laundry basket, get up from a chair etc. It does not mean you have to be a power lifter. Important to keep you functioning day to day

5. Think Menopause brain. Exercise Improve cognition exercising as we age is associated with reduced rates or cognitive decline and anxiety (Alzheimer's and menopause) link between estrogen decline and Alzheimer's exercise may mitigate this decline, but not enough evidence to say one way or the other yet. However, with all the other benefits why wouldn't you want to?

6. Fun what do you enjoy? Make time for it. Improves endorphins. We have fun here....

7. community/ support. Do you "do it all" at home? At work? Or both? Where is your support? Online? In person. Get that here. Family?

8. Fueling must track just to know where you are. Are you getting enough protein? Too much fat? Sugar is less tolerated when our estrogen levels start to fluctuate. im to fill your plate with [foods that support brain health](#), like fruits, vegetables, legumes, and whole grains. Leafy greens, fatty fish (like salmon), blueberries, eggs, and walnuts are especially high in vitamins and minerals that support cognitive function.

How fast are you eating? Do you eat when you are hungry and stop when you are full?

9. Boundaries what are you saying yes to that you can let go or can get help with?

10. Stress management. How is that different from 7 and 9? Spending time up regulating your parasympathetic NS, will help with sleep and all your goals. Deep breathing, guided meditation

All of these support each other. Pick one or two to focus on. We will address all these and more in our 12 week class starting.... empowering not stress producing. We meet you where you are.