



**3 TRICKS TO LOSE  
MENOPAUSE  
WEIGHT FAST**

# DISCLAIMER

This guide is for educational and informational purposes only and is not intended as medical advice or a substitute for professional consultation.

Please consult with a healthcare provider or certified professional before starting any new fitness or nutrition program, especially if you have any pre-existing medical conditions or concerns.

The creators of this guide are not liable for any injury, illness, or health complications arising from the use of this program. Always listen to your body and prioritize safety in all activities.

The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.

# INTRODUCTION TO YOUR 3 TRICKS...

If you've hit your 40s or 50s and noticed that your body doesn't play by the same rules anymore, you're not imagining things.

You can be eating healthy, walking daily, and still feel like the scale hasn't moved since the last season of *Friends*.

Here's what's going on: during menopause, estrogen levels drop, which slows your metabolism and changes where your body stores fat (hello, belly).

On top of that, cortisol, the stress hormone, rises... making it even easier to gain weight and harder to lose it.

But here's the **good news**: it's not your age, your willpower, or your metabolism that's "broken."

You just need a different approach. One that works *with* your hormones instead of against them.

That's exactly what you'll find in this guide.

Inside, you'll discover **3 simple tricks** that help women in menopause lose weight faster without starving, overtraining, or living off salads and coffee.

These are the same methods my clients use to reset their metabolism, shrink stubborn belly fat, and start feeling like themselves again.

No fads. No gimmicks. Just smart, science-backed moves that actually work.

Let's dive in.

# TRICK #1

## FRONT-LOAD YOUR PROTEIN

The Breakfast Reset That Stops the All-Day Cravings



If you only change one thing this week, make it this: eat more protein, especially early in the day.

When estrogen levels drop during menopause, it affects muscle mass, metabolism, and hunger hormones like leptin and ghrelin. In plain English, that means you burn fewer calories and get hungrier more often. Starting your morning with protein helps flip that switch back in your favor.

### **Protein does three big things for you:**

1. Keeps you full longer. Studies show women who eat at least 25–30 grams of protein at breakfast report fewer cravings and snack less at night.
2. Fires up your metabolism. Protein takes more energy to digest than carbs or fat, so your body burns more calories just breaking it down.
3. Protects your muscle. Muscle is your metabolic engine, and menopause can slowly drain it. Protein helps you hang on to that calorie-burning power.

You don't need to weigh or measure everything... just aim to include a solid source of protein with your first meal.

Here are a few easy ways to do it:

- Greek yogurt with berries and a sprinkle of chia seeds
- Eggs with avocado and whole-grain toast
- A protein smoothie with almond milk, spinach, and a scoop of collagen or protein powder
- Cottage cheese with fruit and a handful of nuts

And if mornings are crazy, prep ahead. A quick protein smoothie or boiled eggs can make all the difference.

Start your day strong, and your hunger and energy will stay steadier the rest of the day. No more afternoon crash or late-night fridge raids.

# TRICK #2

## THE HORMONE WALK

### The 10-Minute Walk That Lowers Fat-Storage Hormones



Here's something simple that packs a big punch: walk for 10–15 minutes after your meals.

That's it. No special gear. No speed requirement. Just a short, relaxed walk within 30 minutes of eating.

**Why it works:** when you walk after meals, your muscles use some of the glucose from the food you just ate. This keeps your blood sugar from spiking and that's key during menopause, because high blood sugar means higher insulin. And higher insulin means more fat stored around the belly.

Even short walks can make a difference. One study found that just 10-15 minutes of light walking after eating **reduced post-meal blood sugar by up to 30%** compared to sitting still. That's a huge payoff for something so doable.

Plus, these “hormone walks” lower cortisol levels and help digestion, so you feel lighter instead of sluggish.

Try this for the next week:

- After lunch and/or dinner, set a timer for 10–15 minutes and walk around the block, in your yard, or even through your house if the weather's bad.
- Keep the pace easy... you should be able to hold a conversation.
- Add a podcast or playlist you love to make it something you look forward to.

It's simple, but consistent post-meal walks can completely change how your body handles food, cravings, and energy throughout the day.

## TRICK #3

# GO EASY ON CARDIO, HARD ON CONSISTENCY

## The Exercise Shift That Fires Up Fat Burn Without Wrecking Your Hormones



If you've been grinding away on the treadmill or logging miles on the elliptical only to feel exhausted, sore, and stuck, you're not alone.

**Here's the truth:** during menopause, more cardio isn't the answer. In fact, it can backfire. Too much long-duration cardio can increase cortisol (your stress hormone). When cortisol stays high, your body holds on to fat (especially around your belly!) and breaks down muscle. That's the opposite of what you want.

*The better move?* Short, focused "bursts" that build strength and challenge your metabolism without running you into the ground.

Think of it like this: your body doesn't need more exercise, it needs the right kind of stress. Here's what that looks like in real life:

- **2–3 strength-based workouts** per week (full-body with compound movements)
- **Short "finishers" or metabolic circuits** that get your heart rate up for 5–10 minutes
- **Daily movement:** walking, stretching, or light mobility work on off days

Even just 10 minutes of intentional effort can elevate your metabolism for up to 30 hours afterward. That means you're still burning calories long after the workout's done.

If you want a simple starting point, try this finisher:

### 5-Minute Hormone-Friendly Metabolic Circuit

- 20 seconds of squats (do glute bridges if you have bad knees)
- 10 seconds rest
- 20 seconds of pushups (or wall pushups)
- 10 seconds rest
- 20 seconds of Jumping Jacks or Modified Jumping Jacks (walking in place while bringing your arms overhead)
- 10 seconds rest
- Repeat 3–4 rounds

You'll finish feeling strong, not fried... and that's how your metabolism starts working with you again.

The goal isn't to train harder. It's to train smarter, stay consistent, and recover enough to let your body do what it's designed to do: burn fat, balance hormones, and keep you feeling like you again.

# Closing Thoughts...

If you've ever felt like your body changed overnight, you're not crazy. Menopause really does shift how your metabolism, hormones, and energy work. But it doesn't mean your best days (or your best shape) are behind you.

You've just learned 3 simple, science-backed ways to work with your body instead of against it:

- **Front-load your protein** to stabilize hormones and crush cravings.
- **Walk after meals** to lower fat-storage hormones and improve energy.
- **Ease up on long cardio** and focus on **strength** and **consistency**.

None of these require perfection or major life changes... just awareness and small daily wins that add up fast.

The truth is, most women don't need another complicated plan. They need a strategy that fits their real life, honors their hormones, and still gets results.

So take what you've learned here, start small, and stay consistent. Give yourself grace, patience, and a little credit along the way.

You're not starting over. You're just learning how to work **smarter** with the amazing body you already have.

You've got this,

*Coach Mike*

