The Midlife Woman's Health and Wellness Checklist

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Wellness...

“the state of being in good health, especially as an actively pursued goal”.

Your health and wellness are more important than ever, and midlife is no exception.

Whether you are just entering perimenopause or well into menopause, changes are happening!

Let’s make these the best years of your life by focusing on first things first, and keeping on top of important priorities so you can ensure that you feel your very best.

The Midlife Women’s Health and Wellness Checklist can help you do just that. See exactly what you need to arm yourself with these easy-to-follow steps that will boost your health and well-being.

Say goodbye to doubts and hello to midlife confidence!

How Do I Start?

A Few Tips to Begin Your Midlife Wellness Journey

- **Create a vision statement.** What's non-negotiable to you, right now? Consider setting goals for yourself around what you truly value in life. Then take action with small steps.

- **Begin slowly.** Midlife health and wellness is a marathon, not a sprint. Our vision and goals may change often. No need to get overwhelmed by trying to accomplish it all at once.

- **What resonates right now?** Is your food on your mind, or do you have that nagging feeling, like you should be exercising more? Start wherever you are called to begin.

- **What would feel curious or fun?** This is a shame-free zone! Getting healthy means feeling at peace with who you are and where you are at. Are you interested in meditating or trying a new vegetable? Start there. The point is to just start.

Ten Health and Wellness Goals That Can Use Your Attention

A Holistic Health Assessment

Ah, midlife! The perfect time to kick off a '"me-first" mindset and make health a top priority. Get those check-ups scheduled, and let healthcare pros keep an eye on everything from hormones to bone health, heart health, and beyond. Don't hold back! Chat openly with your gynecologist about any menopause-related worries. They can help explore solutions to those nagging symptoms, and before you know it, you'll be your way to wellness.

Your Food and Nutrition

Food is like a secret health potion! It's not just about treating illnesses, but also about keeping them at bay. And during midlife, your food choices are extra crucial. Opt for a rainbow of nutrients that'll help you feel like a million bucks. Think calcium, vitamin D, omega-3s, and more plants than you can shake a stick at. Don't forget to add some whole grains and lean proteins, too. Sorry booze, but you're not invited to this party. And if you want to really rock the menopause game, consider chatting with a nutrition expert who specialize in this phase of life and find out what foods can help. Get ready to feel the power of eating real food!

Your Bone Health and Balance

Rock-solid bones are the foundation of a healthy midlife body, so make sure you give them the love they deserve. Start by checking in on bone density and getting enough calcium-rich foods and vitamin D. To prevent health issues like osteoporosis, get creative with ways to strengthen those bones daily. A touch of balance exercises will keep you steady on your feet and feeling like a superhero with unbreakable bones.

Your Stress Levels

Serenity Now! Chronic stress can lead to a whole host of problems, like uncontrollable snacking, extra pounds, and leaning into a glass of wine (or two) to relax. But don't get all wound up, because there's hope. You can tap into your inner zen with calming activities like yoga, mindfulness, and meditation. And if the stress runs deeper than a downward dog pose can fix, chatting with a trusted therapist can never hurt. Don't let menopause get your stress hormones in a tizzy. Stay cool, calm, and collected during this time.

Your Exercise and Strength

Let's get real. Nourishing with real food is essential, but when it comes to making a healthy difference, exercise and strength training are equally as important. Time to shake things up and inject some fun into your routine, ditch those boring gym classes, and find something that lights you up! Mix things up - throw in some cardio, lift heavy weights, and finish off with some stretches. This winning combo will have you feeling strong, boost your bone health, keep your weight in check, and help you with energy and a host of health risks.

Your Precious Sleep

Sleeping like a pro with a consistent schedule and relaxing bedtime rituals is a game-changer for feeling fantastic. Catching z's is the ticket for keeping our brains sharp, hearts healthy, and our weight in check. Don't let menopause steal your good sleep time with hot flashes and night sweats. Seek the sage advice of a menopause-certified gynecologist to navigate those sleep troubles.

Menopause Symptom Navigation

Menopause: the maze of symptoms!
Hot flashes and brain fog are just the beginning of this journey. But, don't sweat it! There are many ways to tackle the diverse symptoms of menopause. From wacky mood swings to pesky night sweats, customize your approach with lifestyle tricks, nutritional hacks, supplements, or even hormonal treatments suggested by your trusted gynecologist. Let's navigate this adventure together!

Your Emotional Resilience

Midlife and menopause can be a bumpy ride, but don't forget to be your own cheerleader! Practice self-care by surrounding yourself with good people, and doing things that make your heart sing. Embrace gratitude, show yourself some love, let go of grudges, and set some healthy boundaries. Your emotional resilience is your superpower.

Solid Community and Support

Who says we have to go through it alone? It's time to rally the troops and get the squad together! Whether it's hanging with friends and family, joining a support group, or dialing into online resources, there's no need to feel lost and alone. Midlife and menopause have nothing on us when we've got a team of kickass allies who have got our back. Let's find comfort, guidance, and humor as we take on this transformative stage together.

Your Preventive Care and Empowerment

Stay ahead of the game in your health journey by keeping up with regular check-ups, vaccinations, and recommended healthcare visits. You're the captain of your ship, so empower yourself with knowledge and preventive care to sail through midlife like a boss.

MIDLIFE HEALTH AND WELLNESS CHECKLIST

Goal: Go For My Health Check-Ups

Steps :	Target Date:
○ Schedule visits with my doctors: Gynecologist, Primary, Dermatologist	
○ Get comprehensive bloodwork done as a baseline	
○ Make appointments for tests - Colonoscopy, Mammogram, Skin Check	

Goal : Revisit My Food and Nutrition

Steps :	Target Date:
○ Evaluate what I eat - keep a food journal for at least a week to investigate	
○ Consult with a nutritionist who specializes in menopause and midlife concerns	
○ Incorporate more plant-based foods, lean proteins, whole grains, and healthy fats	

Goal : Exercise and Strength Training

Steps :	Target Date :
○ Track how much I am exercising - is it enough? (150 minutes/week is ideal)	
○ Include a mix of cardio, strength training, and flexibility exercises in my routine	
○ Do I love what I am doing? Try something new to mix it up	

Goal : Get My Bones Strong

Steps :	Target Date :
○ Discuss getting a bone density test with my doctor	
○ Make sure I am getting enough calcium and vitamin D in my diet (from food first)	
○ Research the best foods to eat to make sure I am protecting my bones	

Goal : Get My Stress In Check

Steps :	Target Date :
○ What is really stressing me out? Write it down and work on it in my journal	
○ Try stress-relieving techniques such as yoga, meditation, breathing or mindfulness	
○ Seek out a therapist or other professional help if I feel like I need it	

MIDLIFE HEALTH AND WELLNESS CHECKLIST

Goal : Make My Sleep Harmonious

Steps :	Target Date :
○ Prioritize quality sleep by establishing a consistent sleep schedule	
○ Create a relaxing bedtime routine that might include yoga, meditating or reading	
○ Get clear if menopause-related symptoms are disrupting my sleep	

Goal : Figure Out My Menopause

Steps :	Target Date :
○ Get clear on how menopause symptoms affect me physically and emotionally	
○ What are my top symptoms and what are some ways I can work with them?	
○ Educate myself about hormone replacement therapy and if this is a choice for me	

Goal : Practice Preventative Care

Steps :	Target Date :
○ Stay up-to-date with recommended screenings such as mammograms	
○ Stay up to date and get recommended vaccines like flu or shingles	
○ Do a reality check in regards to smoking, drinking alcohol and any other drug use	

Goal : Practice Emotional Resilience

Steps :	Target Date :
○ Prioritize my mental health by learning more about self-compassion and self-kindness	
○ Keep a gratitude journal daily and record the things I am thankful for	
○ Practice daily self-care - be in nature, cook healthy food, whatever feels nurturing to me	

Goal : Cultivate My Community

Steps :	Target Date :
○ Seek out like-minded people and people who are compassionate and trustworthy.	
○ Plan a weekly get-together or date night with my spouse or a friend	
○ Seek ways to be of service to others by mentoring or volunteering	

Hey There!

I'm Heather Carey. It's a pleasure to meet you.

Let me ask you something: how many times have you found yourself falling for the latest fad diet or shelling out big bucks for mysterious food testing, apps, or supplements, only to end up feeling like you're back at square one?

As an online nutritionist, chef, and menopause health coach, I'm here to help women in midlife and menopause ditch the diet craziness and learn to live and eat in harmony, so they can finally find peace with their bodies and with their food.

And guess what? I'm right there with you. As a woman navigating midlife and menopause herself, I know all too well the ups and downs that come with this stage of life. I have learned a lot - personally and professionally - and I would like to help you too.

We all want to enjoy life, don't we? That's why I'm here, to empower women on their journey to wellness and happiness.

Ready to join me?

I Can Help You:

- *unravel all the confusing transitions into midlife and menopause with 1-1 nutrition and health coaching, workshops and courses;*
- *cook and eat deliciously healthy, simple food with private cooking classes;*
- *gain camaraderie with other women, just like you, with my group coaching and workshops.*

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