

FIVE MENOPAUSE PILLARS



Nutrition

Be considered with what you eat and drink



Movement

Do 30 minutes of moderate activity daily - strength, balance, cardio, pelvic floors and restoration



Stress Management

Practice breathwork, mindfulness, take regular breaks, embrace 'slow living'



Sleep Management

Increase your sleep drive and sleep associations, practice good sleep hygiene, carve in time for recovery in the day



Strong Support

Develop a community, lean in on others and use resources