

# MENO



# "POSSIBLE" PROGRAM



## **A TARGETED FITNESS/WELLNESS PLAN TO CONQUER THE CHALLENGES OF PERI/MENOPAUSAL LIFE**

We emphasize & help guide in facilitating:

- Prioritizing protein, lower fats, consuming whole food carbs & adding in fiber to your diet
- Drinking at least half your body weight in water
- Eating 80/20 - 80% whole unprocessed foods 20% other
- Reducing alcohol intake
- No electronics starting 1 hour before bed
- Prioritizing sleep...minimum 7 hours/night
- Weekly M/Pause specialty workout/presentation Saturdays at 10:45AM
- Additional tracking/virtual workouts/individual coaching also available.

**\$79 for initial consult**

Rates for Monthly Unlimited class passes, M/Body bundles or drop-in rates for classes. Personal training sessions also available

Email [info@mbodyrochester.com](mailto:info@mbodyrochester.com) to schedule your appt!

44 East Main Street Webster  
739 South Clinton Ave Rochester

A combination of cardiovascular movement, strength training & meditation works with your changing body to build strength and retain the flexibility & functionality you don't want to lose, as well as help combat the specific challenges of weight gain, balance & body composition associated with the onset of peri/menopause.

Our individualized assessment and goal-setting session will program a targeted combination of movement that will best allow you to approach/attack this new phase in your life. Plus a weekly specialized group session that will provide a sense of companionship and teamwork with other like-minded and fun women facing similar challenges!

585. 434.2608  
[www.mbodyrochester.com](http://www.mbodyrochester.com)

# TARGETED PROGRAMMING

Our protocol is based on proven combinations that will help lower cortisol levels, increase your resting metabolic rate, improve sleep patterns and keep your heart, bones, and brain strong!

## **STRENGTH TRAINING:** *BodySculpt or StrengthFusion*

2x  
week

Building lean muscle mass is one of the best & most effective ways to mitigate the changes that happen when we begin to lose estrogen.



## **HIIT TRAINING:** *M/BodyHIIT, HIIT Rides, M/BodyBounce, BoxingFusion*

2-3x  
week

High intensity interval workouts can improve blood sugar levels, as well as improve cognition & memory. This type of workout may also improve blood vessel function, burn fat & lead to better cardiovascular health. It can also help to reset and maintain circadian rhythm or our sleep cycle. Keeping them shorter in length helps mitigate potential cortisol spikes.

## **MEDITATION/BREATHWORK:** *Yoga and Guided work post-class*

5x  
week

Essential for improved mindset, sleep, & recovery. They help regulate cortisol spikes & sleep patterns.

## **PILATES OR M/BODYBARRE:**

1-2x  
week

Once a woman enters peri/menopause, strengthening the pelvic floor is more important than ever to address this muscle group specifically.

