

Denise Austin

MENOPAUSE STRONG



**Your Vitality
Mini-Guide: Strength,
Stretch & Mindset!**



Denise Austin's *Fit Over 50*



I'm so excited to share my magazine collection with you! Think of me as your sister or girlfriend, cheering you on and sharing the tips, inspiration, and motivation that have helped millions of women live healthier, happier lives.

Each 100-page issue is filled with practical advice you can actually use - from fitness, nutrition, and healthy recipes to mindset, beauty, fashion, family, and healthy aging. Whether you're looking for simple workouts, meal ideas, motivation to stay on track, or ways to feel your very best at every stage of life, you'll find it all inside.

My goal has always been to help you feel stronger, healthier, and more confident - inside and out. I hope every issue inspires you to take a little time for yourself, celebrate your progress, and remember that it's never too late to live your healthiest, happiest life!

XOXO, Denise

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WELCOME

To Your Menopause Strong Mini-Guide!

Strength, Confidence, Vitality— STARTS HERE

Welcome to your quick and effective guide to building strength, improving flexibility and mobility, and creating a positive mindset during the menopause phase of your life!

I am often asked about what are the most important things to focus on during the menopause years, and my answer is three simple things:

- Building strong muscle
- Prioritizing a positive attitude
- Eating for your health

This Menopause Strong Mini Guide will help you regain energy, prevent muscle loss, banish that menopause belly, and live with confidence!

Think: Muscle building workouts to help you lose weight, tone up and get fit... Advice for staying positive and managing your mood... Foods you should be focusing on now and in the future... Talking points for your next doctor's visit... and more!

This guide is the perfect companion to my new and improved [Vitality For Life: Menopause Strong Program!](#) This 8-week program has everything you need to lose weight, gain muscle, boost your metabolism and improve your wellbeing. Weekly guides keep you on schedule and the amazing community keeps you connected!

I hope you enjoy this mini guide - we are all in this together, so let's help each other out!

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Whether you are in perimenopause, menopause or post menopause, regular exercise is key to maintaining a healthy weight, boosting metabolism, building strong muscle, and promoting flexibility. It is never too late to begin exercising, and every little bit counts! An ideal workout plan includes 5-6 days of exercise with a mix of:

Strength Training. Lifting weights helps preserve muscle mass and increase metabolism. When you increase muscle mass, you will be burning more calories - even when you sleep! Aim for 2-3 days of strength training per week, and use your body weight and weights to increase resistance for the most benefit!

Cardiovascular Exercise. Walking, dancing and aerobic workouts support heart health and promote calories burned! Plus it's a fun way to break a sweat and get your energy and

mood boosted - aim for 4-5 days a week of cardio!

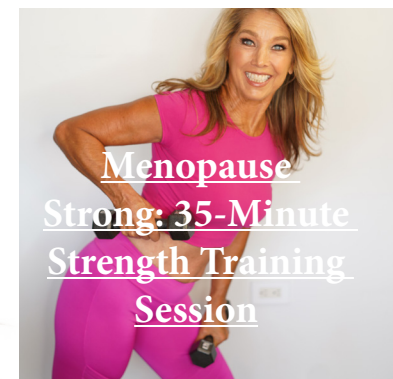
Flexibility and Balance Exercises. Yoga and Pilates improve mobility and flexibility, and can reduce stress and help you connect with yourself and your body. I stretch every day, and suggest you try it as well!

Begin your menopause fitness plan today - sign up for my [Vitality for Life: Menopause Strong Program](#) for amazing results in just 8 weeks!

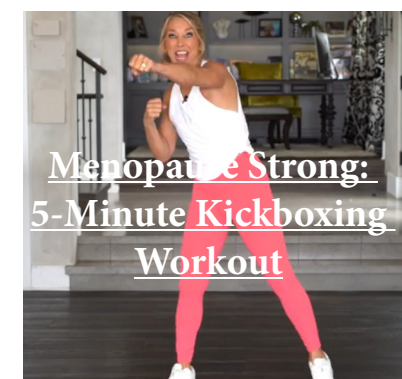
MENOPAUSE POWER MOVES:

BUILD STRENGTH & CONFIDENCE

Click on these workouts for videos you can do with me!



Elevate your heart rate and build that so-important muscle while you burn calories and boost your metabolism!



This quick cardio kickboxing will help you build muscle, give you strength and increase your energy!



Menopause belly is the number one thing I get asked about... these moves really target that menopause belly area!

[Bonus: Vitality Quick Strength Sessions: Stretching Yoga](#)

And here is a bonus workout from my [Vitality For Life Program](#)! Yoga is a wonderful way to stretch your body, promoting flexibility, balance, and connectedness with your inner self.

It's just one of dozens of workouts in my 8-week [Vitality For Life: Menopause Strong Program](#), which guides you through workouts, meals, and advice to help all women look and feel their best in their menopause years. [Join today!](#)





“When you motivate others to be healthy,
you can’t help being motivated too!”

Denise Austin

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WELLBEING FOR THE WIN!

Common side effects of menopause can include anxiety, stress and feeling down. The good news is that a few simple strategies can have a profound effect on your wellbeing!

Practice Mindfulness:

Meditation, deep breathing, and gratitude journaling help reduce stress. This breathing exercise, from my [Fit Over 50: The MENOPAUSE ISSUE](#), is an effective way to address anxiety - give it a try! Box Breathing: Used by Navy Seals to return upset breathing patterns to regular, this is a relaxation technique that is wonderful to try when you are anxious. It is fairly straightforward: Breathe in, counting to four, focusing on your breath entering your body. Hold for four seconds. Then slowly release your breath for four counts. Then hold for four seconds, and repeat with the

breath intake. Some people like to visualize a box while doing this - mentally drawing a line up, then over, then down, then back, complimenting each phase.

Engage in Relaxing Activities:

Reading, practicing your hobbies, learning, and spending time with loved ones all support emotional and mental wellness. Carve out time for each of these, and you will feel the effects physically and emotionally!

Prioritize Sleep:

Aim for 7-9 hours of quality sleep per night. Keep the room cool to help minimize hot

flashes, and if you wake simply try calming your mind until you fall back asleep.

Focus on a Positive Attitude:

I am a firm believer in the saying “Attitude is Everything!” If you tell yourself things are bad, you can wallow. If you tell yourself things are good, you strive towards that mindset! The menopause phase of life is something half the population goes through, so let’s do it with a positive, forward-looking mindset - setting yourself up to accomplish anything you want to!

**Relax and tap into
your creativity!**

Download a free [Vitality
For Life coloring page](#) - and
get a new one each week
when you [join](#)!





WHAT I EAT ON A TYPICAL DAY

BREAKFAST

I like a breakfast that is filling and energy boosting while also providing protein - think oatmeal with some peanut butter, fresh fruit, and a hard-boiled egg!

LUNCH

A lunch that focuses on veggies - a salad with a mix of vegetables, some tuna or salmon, avocado for creaminess, roasted soybeans for crunch, and a delicious homemade dressing - is my go-to!

DINNER

Lean protein with whole grains and a veggie is my favorite dinner - grilled steak with a quinoa salad and green beans, or a poached chicken breast over brown rice and stir-fried vegetables.

SNACKS

I love snacking, and keep healthy snacks in the fridge including hummus and crudites, fresh fruit with yogurt or cottage cheese, and nut butters with apple slices.



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EATING FOR LONGEVITY!

What you eat plays a crucial role in managing menopause-related weight gain and can help to keep you healthy and filled with energy. Focus on:

Protein-Rich Foods: Lean meats, fish, eggs, beans, and nuts help maintain muscle mass and keep you full.

Fiber-Rich Foods: Whole grains, fruits, and vegetables support digestion and prevent overeating.

Healthy Fats: Avocados, olive oil, and nuts can help regulate appetite and support hormone balance.

Calcium-Rich Foods: Maintaining the health of your bones is critical as we age, since osteoporosis is

common as we get older. Calcium-rich foods can help, so eat more yogurt, milk, cheese, kale, broccoli, and almonds.

Vitamin D-Rich Foods.

To help enhance calcium absorption, add vitamin D-rich foods as well. Fatty fish (such as salmon), egg yolks and fortified cereals are good choices.

Phytoestrogen-Rich Foods.

These foods mimic estrogen in the body and may help reduce hot flashes. Choose soy products (tofu, edamame, soy milk), flaxseeds and sesame seeds.

Hydration: Drinking plenty of water can curb cravings and improve metabolism.

Portion Control: Keep your meals smaller, nutrient-dense and aim for 4-5 mini meals a day to keep your metabolism humming!

Limit Processed Foods:

Reduce sugar, refined carbs, and processed snacks that contribute to weight gain.



My Vitality For Life Program has a complete meal plan and dozens of yummy recipes!

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TALKING TO YOUR DOCTOR

Menopause is a significant transition that brings about changes in your physical, emotional, and overall health. Talking with your doctor about a treatment plan tailored to you is so important - print out and use the questions below, courtesy of my [Vitality For Life Program](#)!

Understanding Menopause

- What are the typical signs and symptoms of menopause?
- How do I know if I'm in perimenopause or menopause?
- What tests can confirm menopause?
- How long does menopause typically last?

Managing Symptoms

- What are my options for managing hot flashes and night sweats?
- How can I improve my sleep quality during menopause?
- What can I do about mood swings and anxiety?
- What natural remedies or supplements do you recommend?
- Should I consider hormone replacement therapy (HRT), and what are the risks and benefits?

Bone and Heart Health

- How does menopause affect my bone health, and how can I prevent osteoporosis?

- What tests should I get to monitor bone density?
- How does menopause impact my heart health, and what steps can I take to reduce my risk of heart disease?

Skin and Hair Health

- Why does hair thin during menopause, and is there anything I can do to prevent it or re-grow hair?
- Why does skin get drier during menopause, and are there tactics I can take to help this?
- Are over-the-counter or prescription hair and skin treatments right for me, and if so, what are the side effects?

Sexual and Reproductive Health

- How does menopause affect libido and vaginal health?
- What can I do about vaginal dryness or discomfort during intercourse?
- Do I still need to use contraception during perimenopause?

- What are the risks of urinary incontinence, and how can I prevent or manage it?

Long-Term Health Considerations

- Am I at higher risk for certain health conditions after menopause?
- How often should I get check-ups and screenings?
- What vaccines or preventative measures should I consider?
- How does menopause affect my mental health, and what resources are available?

Personalized Care

- What specific concerns should I be aware of based on my medical history?
- Are there any new treatments or studies I should know about?
- How can I create a menopause wellness plan tailored to my needs?



THOUSANDS OF WOMEN HAVE TRANSFORMED WITH THE VITALITY FOR LIFE: YOUR 8-WEEK MENOPAUSE STRONG PROGRAM

Here's what they are saying...Join the community now!

"I lost 18 pounds and I feel stronger. I convinced myself that I just could never do a lunge – but I can now."
~ Jean J.

"Denise's constant encouragement was just what this 62-year-old woman needed to reset my exercise routine! Each workout had multiple levels so I never felt overwhelmed. Loved it all!"

~ Bee K.

"I loved the variety of the workouts... Denise is such a positive person that she makes working out fun, because her focus is always on being the best version of myself that I can possibly be – and doing healthy things because I am worth it!"

~ Katerina K.

Disclaimer

As with any new physical or nutritional activity, it is important that before beginning any fitness or nutrition regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time. No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice. You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

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