LEDGE
PERSONAL WELLNESS

FREE STARTER EDITION · INTERACTIVE

# Stronger for Life

Perimenopause, strength and confidence: a short guide you can fill in on screen.

INSIDE


1. Understand
2. Reflect & Reframe
3. Rebuild
4. Your next step


*Click the boxes to type and tick. Save your copy when you are done.*

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PART 1 · UNDERSTAND

# What is changing?

A quick map, then a check-in.

## THE THREE STAGES

**PERIMENOPAUSE**

Symptoms begin, but periods have not stopped completely.

**MENOPAUSE**

12 months with no period.

**POSTMENOPAUSE**

The years after menopause.

*Symptoms usually last 7 to 9 years, sometimes longer, and can change over time. Source: NHS.*

## GOOD TO KNOW



### Everyone is different

Some women have lots of symptoms. Others have very few.



### Hormones fluctuate

Levels swing, so one blood test is only a snapshot.




### Not always perimenopause

If you are unsure, a GP can help work out why.

*For healthy women aged 45 or over, NICE says diagnosis can be made from symptoms and history alone, without blood tests.*

## MY CHECK-IN

*Tick what feels true this month.*

**Sleep and energy**

- ☐ Waking in the night
- ☐ Feeling exhausted
- ☐ Hot flushes or night sweats

**Mood and mind**

- ☐ Low mood
- ☐ Anxiety or irritability
- ☐ Brain fog

**Body and cycle**

- ☐ Changing periods
- ☐ Aches or stiff joints
- ☐ Less confident in my body

What is affecting me most right now?

One thing I would like to ask my GP:

PART 2 · REFLECT & REFRAME

# Notice the story

Facts, stories and what really matters.

## FACT, STORY, FAIRER VERSION

| 1 FACT | 2 STORY | 3 FAIRER VERSION |
|---|---|---|
| What a camera would record | What I am telling myself | What I would say to a friend |
| | | |
| | | |

***Example.*** *Fact: I skipped Tuesday's session. Story: "I always give up." Fairer: "I was exhausted after a poor night. One missed session is not failure."*

## WHAT MATTERS TO ME

*Tick up to three.*

- ☐ Health
- ☐ Independence
- ☐ Strength
- ☐ Family
- ☐ Calm
- ☐ Confidence
- ☐ Energy
- ☐ Adventure
- ☐ Freedom
- ☐ Friendship
- ☐ Growth
- ☐ Being a role model

Because I value _____ I want to _____

*Your body may be changing.*
*Your needs may be changing. You are not failing.*

PART 3 · REBUILD

# Start small, stay steady

Plan for good days and hard ones.

## MY GREEN, AMBER AND RED DAYS



**GREEN DAY**

*Steady and strong*

Full planned session



**AMBER DAY**

*Tired but functional*

Shorter, lighter session



**RED DAY**

*Running on empty*

A walk, stretch or rest. It all counts.

## MY STARTER WEEK

*Aim for two strength sessions on non-consecutive days, plus walks.*

- Mon ☐
- Tue ☐
- Wed ☐
- Thu ☐
- Fri ☐
- Sat ☐
- Sun ☐

## THE STARTER TRIO

*Three moves to begin with.*

**1 Sit-to-stand**
2 × 8–10

Chest tall. Use a bench or chair.

**2 Incline press-up**
2 × 6–10

Hands on a wall or bench. Higher is easier.

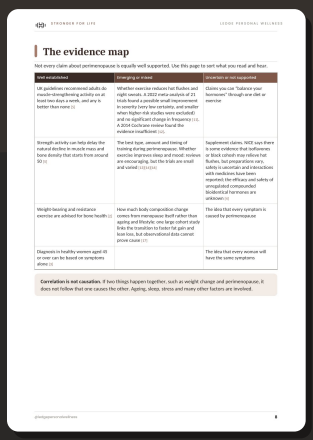
**3 Farmer's carry**
2 × 20–30 m

Walk tall and breathe.

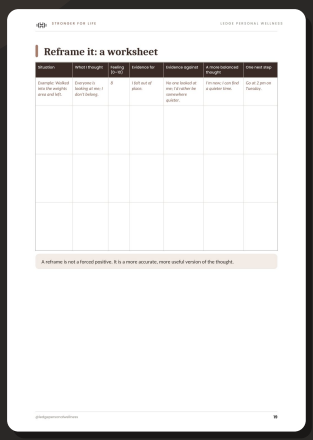
Full Sessions A and B, progression and a training log are in the full workbook.

# Ready for the full workbook?

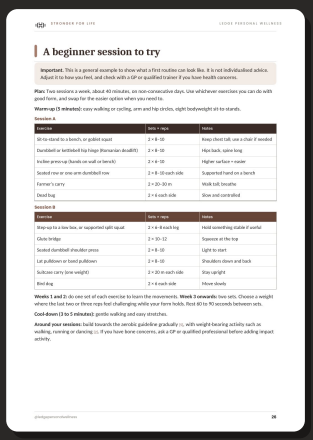
You have had a taste. The full **Stronger for Life** workbook takes you all the way, with 34 pages across four stages.



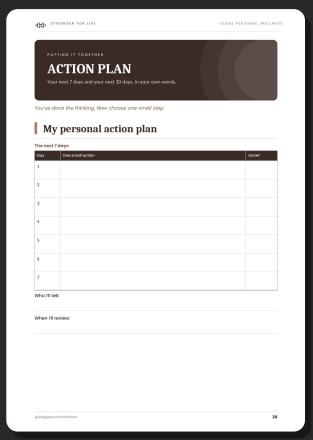

Evidence map




Reframe worksheet




Beginner sessions




30-day action plan

- Evidence map with 18 sources
- Reframe and values worksheets
- Beginner Sessions A and B with training log
- Progress beyond the scales
- GP appointment checklist and symptom tracker
- Gym confidence plan
- Green, amber and red day toolkit
- Your 7-day and 30-day action plan

GET THE FULL WORKBOOK

www.ledgepersonalwellness.im

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Message Clare on Instagram

*General information only. It does not replace advice from a GP or other healthcare professional. Sources: NHS menopause and perimenopause pages; NICE quality standard QS143 and guideline NG23; UK Chief Medical Officers' physical activity guidelines (2019).*