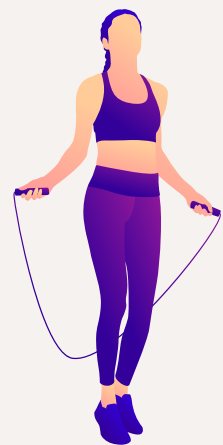


Training for Women 40+

How to build and maintain muscle that will
aid you in hormonal balance, a healthy
weight and feeling your best



Training for Women 40+

WHO IS THIS BOOKLET FOR?

This booklet is for any women 40+ who is tired of going to the gym or for a run whilst cutting down carbs and still no changes to her body happens and she only gets the feeling of being more tired, stressed and wired at the same time. It is for the woman who wants to take charge of the hormonal chaos it can be to go through perimenopause and menopause with rapid weight gain, muscle and bone loss to name a few. It is for the woman who is ready to live her best second puberty, whilst feeling strong, sexy and self-confident.

WHAT WILL YOU GET IN THIS BOOKLET?

You will gain knowledge and examples about training adapted for *women 40+*. It is not build upon mainstream information about diet and exercise, but on gender and age specific science about exercise and diet. The knowledge build upon the well known Dr. Stacy Sims, MSC, PHD. She is a forward-thinking international exercise physiologist and nutrition scientist who aims to revolutionize exercise nutrition and performance for women.

ABOUT LUNA

Luna is a creative soul with years of experience in plant-based cuisine and runs the food blog Cumin and Yin. She is educated in plant-based nutrition. She has worked as a lawyer on the international stage and taught at the University of Copenhagen. Luna is also a trained yin, tantric hatha and shakti yoga teacher and certified in NADA acupuncture. She lives in Switzerland with her boyfriend and enjoys mountain life. Luna's vision is to help women find their way back to themselves and their inherent power by trusting and honouring the cyclical process.



LUNA'S APPROACH TO WOMEN'S HEALTH:



- **Holistic view:** Combining holistic remedies with conventional medicine
- **Research-based knowledge:** staying up to date on women's health studies (I'm currently deepening my expertise through a complementary endocrinology course)
- **Food is medicine:** through simple lifestyle changes, we can manage a lot of ailments


FAQ



HOW OFTEN SHOULD I EXERCISE?


You should do strength and impact training 2 preferably 3 times a week, high intensity interval training (HIIT) once a week, and 1-2 sprint interval training. Remember that type and execution are often more important than frequency and duration.

WHAT ARE THE DIFFERENT TYPES OF TRAINING?

 **Strength training** is low intensity training with body weight, elastic bands, weights and/or balls, etc. Focus on heavy weights so that the last repetition is almost impossible to do. 3-5 repetitions (max 8) of each exercise 5 times. NB: first learn to do the exercise properly before adding weight. **Compound movements** are where multiple muscle groups are activated such as push-ups, planks, squats and should be part of your strength training. 

 **Impact training** is e.g. skipping, box jumps, jump squats, throwing a ball on the floor for 10 minutes - jump with stiff legs. The focus is on explosiveness, so the body absorbs a shock. Important for maintaining bone mass.

 **HIIT** is high intensity interval training for approx. 30 min incl. warm up and cool down. 1-4 min. at 80-90% heart rate followed by 1-4 min. recovery. Can be running, cycling, rowing, skipping, jumping etc. 

 **Sprint interval training** is a subcategory of HIIT. 30 seconds at 100% heart rate followed by 2-3 min. recovery. Repeat 4-5 times. Can be done before or after strength training. Can be running, cycling, rowing, etc.

CAN I USE THE CLASSES IN THE GYM?

It depends on the class. Strength training classes can be used as your strength training - remember to keep your heart rate low between exercises and focus on heavy weights with fewer repetitions. However, other classes with a high heart rate/cardio will not be suitable for HIIT/sprint for the reason that you won't reach your max in these classes, but will be slightly below. In these classes you typically leave feeling exhausted but only with having had a moderate heart rate. Instead you need the high heart rate for a short time to build muscle. Otherwise it only contributes to increasing cortisol. If it's fun, there's nothing wrong with doing it as a supplement.

CAN I EXERCISE ON AN EMPTY STOMACH?

No, you can't and shouldn't. During menopause, cortisol levels are already higher and if you don't eat anything, your body remains in a heightened state of stress, which means it stores fat instead of burning it. It can also contribute or exacerbate mental health issues. Stable blood sugar is key, and this is best achieved by remembering to eat and remembering to eat enough! Otherwise, the body will also start breaking down muscle mass so it can get the energy to be active. Remember, you naturally fast after dinner for breakfast in a very healthy way. **Before strength training** you need 15g of protein and **before HIIT** you need 15g of protein + 30g of carbs before. After training, you need 40-60g of protein within 45 min. after training - a big meal with extra protein. Remember, this is only a guideline, so you can of course consume more if you need to. In general, aim for 2-2.2 g protein/kg/day: ex: Weight 70 kg = 140-154 g protein/day.

Exercise and diet plan

3x strength, 2x impact, 1x HIITog 1 sprint

MONDAY

Pre-meal: 15g protein + 30g carbs

Warm-up: 10-15 min mobility



Impact training: 10 min



Strength training: 30-40 min.



Post-meal: 40-60g protein

MEALS



Pre: Strawberry shake: Blend 1 tbsp soy protein powder + 2 cups frozen strawberries with oat milk.



Post: Buddha Bowl: 1/2 cup quinoa, 1/2 cup chickpeas, 125 g tempeh, lettuce, 4 small tomatoes. Dressing: 1 tsp soy + 1 tbsp peanut butter. Top with sesame seeds. (approx. 41 g. protein)

WEDNESDAY

Pre-meal: 15g protein + 30g carbs

Warm-up: 10-15 min mobility



Sprint interval training: 15-20 min

Strength training: 30-40 min.



Post-meal: 40-60g protein

MEALS



Pre: Banana shake: Blend 4 tbsp hemp protein powder + 0.5-1 banana with oat milk.



Post: Strawberry shake + Pasta with pesto: 1 1/2 cups chickpea pasta, 1/2 cup frozen peas, 1-2 tbsp pesto + 1 large handful of cashews. (approx. 42 g protein)

FRIDAY

Pre-meal: 15g protein + 30g carbs

Warm-up: 10-15 min mobility



HIIT-impact: 15-20 min

Strength training: 30 min



Post-meal: 40-60 g protein

MEALS



Pre: Chocolate shake: Blend 1 tbsp soy protein powder and cocoa + 1 banana with oat milk.



Post: Banana shake + lentil-quinoa salad: 200 g cooked lentils, 1/5 cucumber, 5 small tomatoes, 6 walnuts, olives, 1 large handful of spinach, 1/1 cup quinoa + dressing: 2 tbsp tahini mixed with a little boiling water. (approx. 42 g. protein)

OPTIONAL SUNDAY

Pre-meal: 15 g protein + 30 g carbs

Warm-up: 10 min mobility



Impact training: 10 min (can be done Wednesday after strength)



Sprint training: sprint interval (can be done Monday after strength)

Post-meal: 40-60 g protein