

hiit workouts perimenopause

The Impact of HIIT Workouts on Perimenopause Symptoms

hiit workouts perimenopause is a topic of growing interest for women navigating the transitional phase of perimenopause. As hormonal shifts lead to a variety of challenging symptoms, many are seeking effective strategies to manage their well-being. High-Intensity Interval Training, or HIIT, has emerged as a powerful tool, offering a compressed yet potent way to boost metabolism, improve cardiovascular health, and potentially alleviate common perimenopausal discomforts like hot flashes, mood swings, and weight gain. This comprehensive guide will delve into the science behind HIIT's benefits for perimenopausal women, explore specific exercise protocols, address safety considerations, and provide practical tips for incorporating this dynamic training into your routine. Understanding how to leverage HIIT during this life stage can empower you to take control of your health and thrive.

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Understanding Perimenopause and Its Challenges

Perimenopause, the natural biological process preceding menopause, typically begins in a woman's 40s and can last for several years. It is characterized by fluctuating estrogen and progesterone levels, leading to a cascade of physical and emotional changes. These hormonal fluctuations are the root cause of many uncomfortable symptoms that can significantly impact a woman's quality of life.

Common perimenopausal symptoms include irregular menstrual cycles, hot flashes, night sweats, vaginal dryness, sleep disturbances, and changes in mood such as increased irritability, anxiety, and even symptoms of depression. Beyond these, many women also experience a shift in body composition, often noticing increased abdominal fat and a decrease in muscle mass. This metabolic slowdown can make weight management more challenging, further contributing to feelings of frustration and a loss of control over one's body.

The Science Behind HIIT and Hormonal Balance

High-Intensity Interval Training, characterized by short bursts of intense exercise followed by brief recovery periods, has a profound impact on the endocrine system. During these intense intervals, the body releases a surge of hormones, including adrenaline and growth hormone, which play crucial roles in metabolism and cellular repair. The repeated stress and recovery cycle of HIIT can help to regulate the body's response to stress, potentially influencing the hypothalamic-pituitary-adrenal (HPA) axis, which is closely linked to hormone production and overall endocrine health.

While HIIT doesn't directly reverse the decline in estrogen and progesterone, it can create a more favorable internal environment. Studies suggest that regular exercise, particularly of a higher intensity, can improve insulin sensitivity, which often declines during perimenopause. This improved metabolic function can aid in weight management and reduce the risk of developing type 2 diabetes. Furthermore, the endorphin release associated with intense exercise can act as a natural mood enhancer, helping to combat the emotional roller coaster that often accompanies perimenopausal hormonal shifts.

Benefits of HIIT Workouts for Perimenopause

The advantages of incorporating HIIT into a perimenopausal fitness regimen are multifaceted, addressing many of the common complaints women experience during this phase. One of the most significant benefits is its potent effect on metabolism. The "afterburn effect," or excess post-exercise oxygen consumption (EPOC), means that the body continues to burn calories at an elevated rate long after the workout has ended, which can be invaluable for combating the weight gain associated with perimenopausal hormonal changes.

HIIT is also highly effective for improving cardiovascular health. By challenging the heart and lungs, it strengthens the cardiovascular system, increases endurance, and can help to regulate blood pressure. For women experiencing hot flashes, some research suggests that regular cardiovascular exercise, including HIIT, may help to reduce their frequency and intensity, although the mechanisms are still being explored. The mood-boosting effects of endorphins released during exercise can also serve as a natural antidote to the anxiety and irritability that can plague perimenopausal women.

- Improved cardiovascular fitness and endurance.
- Enhanced metabolism and increased calorie expenditure.
- Potential reduction in the frequency and severity of hot flashes.
- Mood enhancement and stress reduction through endorphin release.
- Increased lean muscle mass and improved body composition.
- Better insulin sensitivity and blood sugar regulation.

Designing Effective HIIT Workouts for Perimenopause

When designing HIIT workouts for perimenopause, it's crucial to strike a balance between intensity and sustainability. The goal is to push your body effectively without overtraining or exacerbating any existing conditions. A typical HIIT session involves alternating between high-intensity intervals of 20-60 seconds and recovery periods of similar or slightly longer duration. The total workout time is usually much shorter than traditional cardio sessions, often ranging from 15 to 30 minutes, including warm-up and cool-down.

The choice of exercises can be varied and should cater to individual fitness levels and preferences. Bodyweight exercises such as jumping jacks, high knees, burpees, and mountain climbers are excellent choices for a high-intensity interval. Alternatively, you can incorporate equipment like dumbbells for exercises like thrusters or kettlebell swings. For those with joint concerns, low-impact HIIT options can be equally effective. This might include exercises like high-intensity cycling intervals, fast-paced step-ups, or even brisk jogging intervals interspersed with walking recovery.

Sample HIIT Workout Structure

A sample HIIT workout could be structured as follows, focusing on a full-body approach. Remember to adjust the exercises and intensity based on your personal fitness level and consult with a healthcare professional before starting any new exercise program.

1. **Warm-up (5 minutes):** Light cardio (e.g., jogging in place, arm circles, dynamic stretches like leg swings).
2. **Work Interval 1: Jumping Jacks (30 seconds)**
3. **Recovery Interval 1: Walk or Light Jog (30 seconds)**
4. **Work Interval 2: High Knees (30 seconds)**
5. **Recovery Interval 2: Walk or Light Jog (30 seconds)**
6. **Work Interval 3: Squat Jumps (30 seconds)**
7. **Recovery Interval 3: Walk or Light Jog (30 seconds)**
8. **Work Interval 4: Push-ups (as many as possible with good form in 30 seconds)**
9. **Recovery Interval 4: Walk or Light Jog (30 seconds)**
10. **Repeat the entire cycle 3-4 times.**
11. **Cool-down (5 minutes):** Static stretching (e.g., hamstring stretches, quad stretches, chest stretches).

Safety Precautions and Considerations for Perimenopausal HIIT

While HIIT offers numerous benefits, safety is paramount, especially for women navigating perimenopause. Hormonal changes can affect bone density, joint health, and overall recovery. Therefore, it's essential to listen to your body and modify exercises as needed. If you experience joint pain, opt for lower-impact variations. For instance, instead of jumping jacks, perform step jacks. Replace squat jumps with regular bodyweight squats.

Adequate warm-up and cool-down are non-negotiable. A proper warm-up prepares

your muscles and cardiovascular system for the intense work to come, reducing the risk of injury. A thorough cool-down helps your heart rate gradually return to normal and can aid in muscle recovery. It's also vital to stay hydrated by drinking plenty of water before, during, and after your workouts. Pay close attention to signs of overexertion, such as dizziness, nausea, or extreme fatigue, and don't hesitate to reduce the intensity or stop altogether if you feel unwell.

Furthermore, individuals with pre-existing health conditions, such as heart disease, high blood pressure, or osteoporosis, should consult with their healthcare provider or a qualified fitness professional before embarking on a HIIT program. They can help tailor a safe and effective plan that aligns with your specific health needs and limitations during perimenopause.

Integrating HIIT into Your Perimenopause Wellness Plan

Successfully integrating HIIT into your perimenopause wellness plan requires a strategic and consistent approach. Begin by establishing a realistic schedule. Aim for 2-3 HIIT sessions per week, allowing at least one rest day between intense workouts to facilitate muscle repair and prevent burnout. It's also beneficial to incorporate other forms of exercise, such as strength training and moderate-intensity aerobic activity, to ensure a well-rounded fitness routine that supports overall health and well-being during this transitional phase.

Listen to your body's signals. Some days you may feel energized and ready for a challenging session, while other days you might need to scale back the intensity or opt for a lighter workout. This flexibility is key to long-term adherence and preventing injuries. Gradually increasing the duration or intensity of your intervals, or reducing your rest periods, can help you progress over time. Remember that consistency is more important than perfection. Celebrate small victories and focus on how these workouts make you feel, both physically and mentally.

Combining HIIT with other healthy lifestyle habits, such as a balanced diet rich in nutrients, adequate sleep, and stress management techniques, will amplify its benefits. By approaching perimenopause with a proactive and holistic mindset, incorporating effective exercise like HIIT can be a powerful tool for enhancing vitality and navigating this life stage with confidence and resilience.

FAQ Section

Q: How often should I do HIIT workouts perimenopause?

A: For women experiencing perimenopause, it is generally recommended to aim for 2-3 HIIT sessions per week, ensuring at least one rest day between intense workouts to allow for adequate recovery.

Q: Is HIIT safe for women experiencing hot flashes?

A: For most women, HIIT can be safe and even beneficial for managing hot

flashes, as regular cardiovascular exercise may help reduce their frequency and intensity. However, it's crucial to listen to your body and modify intensity if needed, and consult a doctor if hot flashes are severe or concerning.

Q: Can HIIT help with weight gain during perimenopause?

A: Yes, HIIT is highly effective for weight management due to its ability to significantly boost metabolism and promote calorie burning even after the workout is completed, often referred to as the "afterburn effect." This can counteract the metabolic slowdown that sometimes occurs during perimenopause.

Q: What are some good low-impact HIIT exercises for perimenopause if I have joint pain?

A: Low-impact HIIT options suitable for perimenopause include cycling at a high intensity, fast-paced step-ups, elliptical training intervals, swimming sprints, and modified bodyweight exercises like step jacks instead of jumping jacks, or regular squats instead of squat jumps.

Q: How long should a HIIT workout session be for perimenopause?

A: A typical HIIT workout session for perimenopause, including warm-up and cool-down, usually lasts between 15 to 30 minutes. The high-intensity intervals themselves are short, often 20-60 seconds each, making it an efficient form of exercise.

Q: Can HIIT improve mood swings associated with perimenopause?

A: Yes, HIIT can significantly improve mood swings by triggering the release of endorphins, which are natural mood boosters. The stress-reducing benefits of exercise can also help mitigate the anxiety and irritability often experienced during perimenopause.

Q: What are the signs of overtraining during perimenopause with HIIT?

A: Signs of overtraining during perimenopause with HIIT can include persistent fatigue, increased irritability, difficulty sleeping, a plateau or decrease in performance, increased susceptibility to illness, and lingering muscle soreness. If you experience these, it's important to reduce intensity or take more rest days.

Q: Should I consult a doctor before starting HIIT workouts for perimenopause?

A: It is highly recommended to consult with your doctor or a qualified

healthcare professional before starting any new exercise program, including HIIT, especially if you have any pre-existing health conditions or concerns related to perimenopause. They can advise on the safety and suitability of HIIT for your individual needs.

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hiit workouts perimenopause: The Perimenopause Revolution Dr. Mariza Snyder, 2025-10-21
Unlock the secrets to thriving through perimenopause and menopause with the host of the Energized podcast and best-selling author of The Essential Oils Hormone Solution. Follow the 5-week perimenopause reset to optimize your hormones and manage stress, fatigue, and hot flashes! Are you feeling overwhelmed by unexplained brain fog and mood swings? Do you wonder why you're suddenly gaining weight and low on energy? You're not alone—and it's not just "aging." These are real signs of perimenopause, a transformative yet misunderstood stage of your hormonal life. Best-selling author and women's health expert Dr. Mariza Snyder takes you on a deeply empowering journey to reclaim your energy, metabolism, and brain power with a clear, actionable plan designed for women over 35 that addresses the broad and significant impact perimenopause has on all parts of your life. In this road map to holistic healing, Dr. Mariza offers: A 5-week lifestyle plan to reset your metabolism and balance your hormones Tools to identify the root causes of hot flashes, anxiety, and low libido Effective strategies to improve hormone health, blood sugar balance, and brain function Tips for building a strong mental, emotional, and social support network Evidence-based guidance to help you decide if hormone replacement therapy is right for you No matter where you are in the transition, you can rewrite your midlife story—and feel like the most powerful version of yourself yet. This isn't about surviving perimenopause—it's about thriving through it.

hiit workouts perimenopause: The Perimenopause Handbook Andrea Glover, 2018-12-10
Did you know that perimenopause is a natural transition period that you go through to get to menopause? Not many women know about perimenopause, and it can start any time after the age of thirty-five. Your body is in charge of what happens. What is happening is that your hormone levels are declining as you get ready to stop ovulating and producing an egg every month to have a baby or, if not, to have your period. This can take up to ten years to happen, but don't despair, ladies, you do not have to suffer with lots of symptoms anymore during this ten years. My book has all you need to know about this transition—what you can do to control your symptoms and even reduce them to little or none for lots of women, symptoms such as hot flashes, anxiety, mood swings, loss of sleep, and brain fog to name just a few. I will explain the four key areas of how you can go through this transition seamlessly and take back control of your own body so it does not control you. The four 4 key areas are diet, lifestyle, exercise, and mindset. So, ladies, what are you waiting for? Read on as I guide you through this time of your life, which can be an awakening of you so you can look good and feel good as you age.

hiit workouts perimenopause: The Definitive Guide to the Perimenopause and Menopause - The Sunday Times bestseller 2024 Dr Louise Newson, 2023-03-16 'Louise is a voice you can really trust. I've learnt so much from her and now you can too.' - Holly Willoughby 'Dr Louise is a miracle worker' - Lorraine Kelly 'Louise is my No. 1 go-to when it comes to anything

menopause and this book is perfect for when I'm worried about anything.' - Alison Hammond 'Louise Newson is wonderful... a real expert in her field.' - Joe Wicks Your complete, expert, evidence-based guide to the perimenopause and menopause. Dr Louise Newson is fast becoming the leading medical expert on hormone health. This revised and expanded edition of her bestselling book has all the information and advice you need to understand the impact of low hormone levels on your perimenopause symptoms as well as on your future health post-menopause. There's an up-to-date guide to HRT doses, how to deal with HRT availability fluctuations, new research on testosterone and its benefits beyond libido boosting and startling findings on how low hormones can increase our propensity towards addictive behaviours, including intake of alcohol. New interviews with experts including Dr Lisa Mosconi discuss pertinent questions such as whether HRT can reduce the risk of dementia, and new case studies from Newson Health reveal essential research on how hormone imbalance can impact the neurodivergent brain. With the gender pay gap highlighting inequality in the workplace and women's pension pots diminished, it is vitally important that the frightening stats showing almost 60% of women have taken time off work or reduced their hours due to menopause symptoms are broadcast far and wide. This book will empower and inform you to improve your own menopause care as well as understand the bigger societal issues that have been ignored for far too long.

hiit workouts perimenopause: *The Perimenopause Solution* Shahzadi Harper, Emma Bardwell, 2021-07-22 You are not going mad - it's your hormones! The perimenopause (the time leading up to the menopause) is often misunderstood. For some women, it lasts a few months; for others it consumes the best part of a decade. This transitional period can be a time of emotional turmoil, shifting priorities and physical changes: from hot flushes, insomnia, low mood and anxiety, to itchy skin, thinning hair, weight gain and loss of libido . . . to name just a few! Millions of women in their thirties and forties go through this without even realising they are perimenopausal. It's time they take back control. In *The Perimenopause Solution*, Dr Shahzadi Harper, a medical doctor specialising in women's health and Emma Bardwell, a registered nutritionist, provide a blueprint to help women find a new balance in this important phase of their lives, so they can be prepared, not scared. Akin to getting two expert consultations in one, this holistic and accessible guide combines practical, no-nonsense information on the physical and mental changes to expect, with powerful advice on managing symptoms and nutrition, as what you eat during the perimenopause can dramatically affect your experience of it. Expert-led and forward-thinking in its approach, *The Perimenopause Solution* will not just help you survive the journey towards the menopause - it will let you thrive.

hiit workouts perimenopause: *Generation M* Jessica Shepherd, 2024-10-01 Evidence-based. Lifestyle approved. The practical guide you need for the life you want. Finally, here is a fresh plan for a new generation entering perimenopause and menopause. With clinical insights, actionable tips, and holistic guidance, Dr. Jessica Shepherd, a board-certified OB/GYN and women's health advocate, redefines how to sustain the marathon of this life stage so you can make the most of your health and vitality. In *Generation M*, she throws out the old playbook and provides you with an empowering approach to thriving through this change and beyond. Dr. Shepherd draws upon many conversations with leading experts in nutrition, meditation, and fitness, as well as with those living through perimenopause and menopause, who've shared what challenges them and what helps them live vibrantly. In this book you will find: Scientifically backed information and advice from a doctor and menopause expert Evidence-based recommendations, tips, tools, and personal building blocks for the best health practices A guided exploration of new medical research and data A deep dive on the safety and efficacy of HRT, including information on what medications to take and when to take them Holistic advice on how to ease your transition during this period, including recommendations for exercise, diet, sleep, mindfulness practices, and more An accessible yet powerful, and at times humorous, voice from a woman who understands what you are going through Discover the steps you need now for the future you desire—and stay healthy, active, and fabulous along the way.

hiit workouts perimenopause: *Owning Your Menopause: Fitter, Calmer, Stronger in 30*

Days Kate Rowe-Ham, 2023-12-28 Manage your menopause symptoms and get in the best shape of your life. 'Having read many other books on Perimenopause & Menopause recently, I was sceptical about purchasing another. I'm so glad I did. This book is different. It's informative and so easy to understand. I whizzed through it. All round excellent 5*' - Reader review [REDACTED] 'Just finished the 30 day programme and feeling amazing. If you are feeling lost or hopeless I would really recommend you give this a go.' - Reader review [REDACTED] 'Quite simply, this book is life changing! I am feeling the best I have in years and so much stronger! This is a MUST read for all women approaching or in peri or post menopause.' - Reader review [REDACTED] In *Owning Your Menopause*, Kate Rowe-Ham proves it's possible to become fitter, calmer and stronger during menopause. Supported by her own personal menopause story and her experience as a personal trainer, Kate tells you everything you need to know to change your life for the better. Understanding and empowering, Kate's positive voice will transform your attitude to exercise with habit-changing strategies to help you feel the benefits. Kate provides fitness plans - that really work - for all levels, as well as advice for every aspect of your life from alcohol and sugar consumption to mindfulness. *Owning Your Menopause* also includes a 30-day fitness plan complete with menu suggestions, movement goals and links to online videos. This is not just another menopause book - this is your life manual. 'Kate's illuminating guide empowers women navigating menopause with practical insights into the transformative power of diet and exercise. A valuable resource to inspire health, confidence and grace through a unique life stage.' - Naomi Watts

hiit workouts perimenopause: *Millennial Menopause* Lauren A. Tetenbaum, 2025-07-15 Get ready to learn the new way to take on menopause with this refreshingly real guide for millennials looking to embrace a challenging life phase with confidence, humor, and empowerment. Menopause is often misunderstood, under-discussed, and even stigmatized. For millennial women, navigating this next chapter may seem daunting. How can you find surety and balance within all of the noise? How can you pinpoint what is an old wives' tale and what is fact based in modern science? In *Millennial Menopause*, this generation finally has the handbook it deserves—a fresh, relatable, and empowering guide to understanding modern menopause. From hormonal changes and mental health to the impact on careers, sex lives, and friendships, *Millennial Menopause* covers it all. With real-life anecdotes, professional advice, and important discussions on how menopause is (and isn't) portrayed in the media, this book encourages millennial women to advocate for themselves, embrace their bodies, and navigate this phase with confidence. Whether you're just starting to wonder What's next? or already feeling the effects, this book offers practical tips, expert interviews, and a much-needed sense of sisterhood. After all, this isn't just the end of one chapter—it's the beginning of an empowered new era.

hiit workouts perimenopause: Summary of Unbreakable Fortune Press, 2025-09-18 Book Summary: *Unbreakable* by Vonda Wright A Woman's Guide to Aging with Power What if aging could be a season of strength, vitality, and confidence rather than decline? In *Unbreakable*, Dr. Vonda Wright empowers women to embrace the second half of life with energy, resilience, and purpose. This chapter-by-chapter summary highlights Wright's science-based strategies for maintaining physical strength, protecting health, and cultivating a mindset that redefines what it means to age well. It distills her guidance into practical steps that help women stay active, confident, and unshakable at every stage. Perfect for readers seeking inspiration, wellness strategies, and a roadmap to aging with power, this summary delivers Wright's uplifting message in a clear, accessible format. Disclaimer: This is an unofficial summary and analysis of *Unbreakable* by Vonda Wright. It is intended to provide educational value and support comprehension of the original work.

hiit workouts perimenopause: *The Complete Guide to Sports Nutrition (9th Edition)* Anita Bean, 2022-03-03 *The Complete Guide to Sports Nutrition* is the definitive practical handbook for anyone wanting a performance advantage. What you eat and drink are important considerations when it comes to maximising your sports performance. Whether you are a professional or amateur athlete, or just enjoy regular workouts, well-chosen nutrition strategies can enhance your performance and recovery after exercise. This ninth edition includes accessible guidance on the following topics: - Maximising endurance, strength, performance and recovery - How to calculate

your optimal energy, carbohydrate and protein requirements - Advice on improving body composition - The most popular sports supplements - Relative energy deficiency in sport (RED-S) and eating disorders - Hydration strategies to prevent hypohydration and overhydration - Specific advice for masters athletes, young athletes and plant-based athletes - Nutrition strategies to prepare for competition This fully updated and revised edition incorporates the latest cutting-edge research and provides all the tools to help you reach your performance goals.

hiit workouts perimenopause: *Next Level* Stacy T. Sims, PhD, Selene Yeager, 2022-05-17 Menopause doesn't have to be the end of you kicking ass. The renowned author of *Roar* presents a comprehensive and customizable physiology-based guide to peak performance for active women approaching or experiencing menopause. For active women, menopause hits hard. Overnight, your body doesn't feel like the one you know and love anymore—you're battling new symptoms, might be gaining weight, losing endurance and strength, or taking longer to bounce back from workouts that used to be easy. The things that have always kept you fit and healthy just seem to stop working the way they used to. But menopause doesn't have to be the end of you excelling at the gym, on the trail, or wherever you work out. Once you understand your physiology, you can work with it—not against it—to optimize your performance. In *Next Level*, renowned exercise and nutrition scientist Dr. Stacy Sims shares case studies from women she has coached through this transition and teaches you: • the underlying causes of menopause • how to minimize the hormonal fluctuations that cause bloating, fatigue, night sweats, and other common symptoms of perimenopause and menopause • when you should seek medical intervention for your menopausal symptoms—and how to confidently communicate with your doctor to ensure you're getting the best care • different modalities, from hormone therapy and nonhormone supplements to pelvic floor therapy and strength training, to help maximize your fitness and performance • exercise routines and fueling strategies, including meal plans and macronutrient planning charts, that you can customize to best suit your unique needs during menopause • and much more! A comprehensive, science-backed framework for your menopause action plan, this is the ultimate guide for navigating the Next Level.

hiit workouts perimenopause: *Midlife Matters* Katie Taylor, 2025-03-18 With significant female figures breaking down taboos around menopause and opening the discussion, women are in a stronger position than ever before to insist on a better midlife experience - a real cause for celebration. But while these discussions around menopause are brilliant and empowering, it's vital that we don't let the conversation stop there. Because midlife for women is a multifaceted experience, one in which our changing bodies play an enormous part, but that's far from the only thing going on. *MIDLIFE MATTERS* promises to be an all-encompassing guide and manual for midlife women, exploring the five key areas of HEALTH, WELLBEING, RELATIONSHIPS, WORK LIFE, CHALLENGES & OPPORTUNITIES with humour and honesty. Guiding us through, author Katie Taylor's friendly narrative is supported by expert contributions in each chapter, including advice and resources from a world-renowned medical advisory team - and of course the testimonies of real women from the midlife community.

hiit workouts perimenopause: *Hangry* Sarah Fragoso, Brooke Kalanick, 2019-06-25 “Finally! A hormone book that takes on the multitude of challenges that hormone imbalance brings and offers a totally personalized approach.” —JJ Virgin, New York Times-bestselling author of *The Virgin Diet* *Hangry* is the comprehensive hormone book we've been waiting for. Get ready to restore your joy, heal your hormones, and reset your metabolism in just four weeks. Sarah Fragoso, the bestselling author and creator of *Everyday Paleo*, and Dr. Brooke Kalanick, a leading expert in functional medicine and women's health, bring you the ultimate guide to feeling your best. *Hangry* offers women a one-of-a-kind plan that is uniquely customizable to your individual hormonal imbalances, with special attention paid to challenges such as low thyroid, PCOS, perimenopause, menopause, and autoimmunity. Not sure if you're HANGRY? • Are you too tired to be happy? • Do you feel like your metabolism is MIA? • Is your plate overflowing with expectations, work, and stress? *Hangry* honors ALL of your hormones and each aspect of your life: food, exercise, nutrition, and lifestyle. This program will take you from feeling stressed out and frustrated—and really freaking tired!—to

healthy, happy, and at home again in your body. Join the program that's already changing lives—you will look and feel your best, slow down aging, decrease inflammation, and rediscover your joy with this one-of-a-kind customizable plan based on balancing five key hormones by using our five simple habits supported by our five mindset pillars. "[Fragoso and Kalanick] understand that no two women are the same. Hangry offers the first fully customizable, easy to use, and completely comprehensive guide to help women heal." —Michelle Tam, New York Times–bestselling cookbook author and creator of Nom Nom Paleo

hiit workouts perimenopause: Movement as Medicine - Rashid Menhas, 2025-08-20 Discover how physical activity transforms lives in Movement as Medicine - Harnessing Physical Activity for Holistic Health across the Lifespan. This groundbreaking guide reveals evidence-based strategies to enhance psychosocial health, manage chronic diseases, and empower diverse populations, from children with neurodevelopmental disorders to older adults. Explore aqua therapy's role in mental resilience, multicomponent exercises for aging women's vitality, and sports' power to counter internet addiction's harm to sleep and well-being. Bridging science and practice, it offers clinicians, educators, and policymakers tools to foster inclusive health. Whether addressing disability empowerment or prescribing movement for chronic conditions, this book redefines well-being across the lifespan. Unlock the healing potential of exercise and champion a future where movement is accessible, transformative, and foundational to holistic health.

hiit workouts perimenopause: The New Galveston Diet , 2025-08-27 Are your hormones sabotaging your weight loss? If you've tried every diet, cut calories, and pushed through endless workouts but still feel exhausted, stuck, and unable to shed the stubborn weight — it's not your fault. The real problem isn't willpower, it's your hormones. In The New Galveston Diet, Dr. Hillary Gilbert introduces a doctor-backed, science-based plan that finally addresses the missing piece in most weight loss programs: hormonal balance. Designed especially for women struggling with midlife changes, this groundbreaking method helps you: □ Burn fat naturally by resetting your body's metabolism □ Boost your energy so you feel vibrant and alive again □ Balance your hormones to fight inflammation and stubborn belly fat □ Break free from dieting cycles without feeling deprived More than a diet, this is a complete lifestyle plan that empowers you to reclaim your health, confidence, and vitality—without extreme restrictions or gimmicks. Whether you're battling fatigue, frustrating weight gain, or hormonal imbalances, The New Galveston Diet gives you the tools, strategies, and simple steps to transform your body and mind for lasting results. It's time to stop fighting your body and start working with it. Your journey to real, sustainable weight loss begins here.

hiit workouts perimenopause: Die Beckenboden-Revolution Dr. med. Rieke Hermann, Katharina Charissé, 2025-09-24 Starker Beckenboden – stark im Leben Wusstest du, dass jede zweite Frau während oder nach ihrer Schwangerschaft von Beckenbodenproblemen betroffen ist? Häufig zeigt sich dies durch belastende Symptome wie Inkontinenz beim Niesen oder Heben, Einschränkungen beim Sport oder das unangenehme Gefühl eines Fremdkörpers in der Vagina. Doch trotz dieser starken Präsenz und der enormen Auswirkungen auf Alltag und Lebensqualität wird das Thema Beckenboden viel zu oft unterschätzt – selbst von medizinischen Fachkräften. Dr. med. Rieke Hermann, Fachärztin für Gynäkologie und Geburtsmedizin und Beckenbodenspezialistin, und Katharina Charissé, holistischer Coach und Yogalehrerin, wissen aus ihrer täglichen Praxis und zahlreichen Nachrichten aus ihrer Mamacademy-Community, wie häufig Frauen mit ihren Beschwerden allein gelassen werden. In der Schwangerschaft fehlt die Aufklärung und danach werden viele Frauen von Fachärztinnen und -ärzten nicht ernst genommen und müssen lange suchen, bis sie endlich kompetente Unterstützung finden. Genau hier setzt dieses Buch an: Es räumt gründlich mit Halbwissen und Tabus auf. Konkret, ehrlich und praxisnah erklären Rieke und Katharina alles, was Frauen über ihren Beckenboden wissen müssen – von der Schwangerschaft über die Geburt und die Zeit danach. Sie zeigen dir, wie du stark durch deine Schwangerschaft gehst, dich optimal auf die Geburt vorbereitest und was du bei bestehenden Problemen wie Inkontinenz, Senkungsbeschwerden oder Schmerzen konkret tun kannst. Dein Kompass für

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