OVELLA
– HEALTH –

PREPARE FOR & NAVIGATE

Lifestyle Recommendations

Menopause & midlife wellbeing

What we do in our 30s and 40s shapes our 60s, 70s, and 80s. Bone density peaks around age 30 and declines from there. Perimenopause accelerates bone and cartilage loss and makes muscle harder to build and maintain. The good news: **brain, bone, cardiovascular, metabolic, and sexual health are all modifiable** — and the next 5–10 years is when the window is widest.

BONES	BRAIN	HEART
1 in 2	**1 in 2**	**1 in 3**
will have an osteoporotic fracture	will develop dementia in her lifetime	will die of heart disease

The root cause of perimenopause symptoms and increasing health risks related to menopause is declining hormones. ***Replacing them is the single most effective tool to treat symptoms and improve longevity****, along with female-specific lifestyle changes.*

SLEEP

Optimizing this improves every aspect of your health

Habits

- Dark, cool (≤65°F), screen-free bedroom — for sleep and sex only
- **8–9 hrs/night** — prioritize on your schedule
- Consistent bed & wake times
- Stop caffeine by noon
- **Go to bed sober**
- Benadryl & sedatives disrupt sleep brain waves
- Hormones are very effective for sleep quality & quantity
- Sleep apnea is common — snoring, gasping, naps? Talk to a practitioner.

Supplements that may help

Individualized recs may vary.

- **Magnesium** — *take before bed*:
  - oxide or citrate if prone to constipation
  - glycinate if prone to diarrhea
  - or other forms
- Other options: valerian root, ashwagandha, chamomile, melatonin, and more

NUTRITION

Real foods, whole foods, healthy body

Ditch diet culture

Thin ≠ healthy. Focus on **building strength and nutrition** over the goal of thinness.

Focus on

- Colorful vegetables & fruits
- Omega-3 fats — salmon, flax, walnuts
- Whole grains — quinoa, brown rice
- Lean proteins — chicken, tofu, lentils, beans
- Mediterranean / DASH-style eating

Limit

- Added sugars, refined carbs, processed foods
- Alcohol — less than 1 drink/day

Protein

1.2–1.6 g/kg body weight/day. 150 lbs ≈ **82–109 g/day**, split across meals & snacks. *Individualized recs may vary.*

Fiber

25–35 g/day. Increase slowly to avoid GI upset — legumes, seeds, berries, veggies.

Other supplements

Get nutrients through food first. *Individualized recs may vary.*

- **Vitamin D3**
- **Omega-3 (EPA/DHA)** — mood, heart, joints, brain (quality matters, e.g., Nordic Naturals)
- **Methylated B vitamins** — more easily used by the body
- **Others** — individualized

EXERCISE

Build and maintain muscle and bone mass

Muscle and bone loss accelerate with age and menopause. ***More muscle = better metabolism, less insulin resistance, better cardiovascular health, and a longer, more independent life.***

Weekly movement goals

Start slow and gradually increase.

- **Strength training (prioritize) — 2–3 days/wk.** Lift weights or use resistance bands. **Goal: fewer reps, heavier weight.**

Work with a trainer to learn proper form for lifting heavy — one of the single most protective habits for midlife women.

- **Cardio** — 150–300 min/wk moderate (or 75–150 min vigorous)
- **Balance & flexibility** — yoga, tai chi, stretching

MSK supplements

Individualized recs may vary.

- **Creatine monohydrate** — muscle & cognition
- **Protein** — supplement if not meeting goals through diet
- **Collagen peptides** (e.g., Verisol, Fortibone) — skin, joints, bone, muscle

STRESS MANAGEMENT

Hormone shifts make everything harder — listen to your body

Why it matters

Perimenopause and menopause are a time of big hormone shifts and loss, which can make everything harder. Your body is telling you something. **Listen to it.**

You cannot take care of others unless you take care of yourself.

Daily practices

- **Find time for yourself** — even 5 min/day to breathe, walk, journal, rest
- **Remove toxic relationships** & unnecessary stress — focus on what matters

EDUCATIONAL USE ONLY — NOT INDIVIDUALIZED MEDICAL CARE

This handout is for education only and is **not individualized medical advice, diagnosis, or treatment**. Talk with your clinician before starting supplements, changing medications, or making major lifestyle changes. Use of this handout does not establish a clinician–patient relationship.

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