

The Peri-Menopause Workout Guide: What Helps and What Backfires

A calmer, more supportive way to train and workout for energy, strength, fitness and hormone balance.

If your old workouts are not working...

If you feel like:

- You're training hard but not seeing results
- You feel more exhausted than energised
- Your body is holding onto weight

This is not failure.

Your body may need a different approach now.

Why harder is not always better

In perimenopause:

Too much intensity + not enough recovery = stress overload

This can lead to:

- Increased cortisol
- Fatigue
- Plateaued results
- More inflammation

Signs your training may be too stressful

- You feel drained after workouts
- You rely on caffeine to push through
- Your sleep is worse
- You have persistent soreness
- Your progress has stalled

What hormone-supportive training looks like

Strength training (2-3x/week)

Low-impact cardio (walking, cycling)

Mobility and flexibility
Rest days that are actually restful

A simple weekly structure

- 2-3 strength sessions
- 1-2 gentle cardio sessions
- Daily movement (walking)
- 1-2 rest/recovery days

Recovery reminders

Recovery is where results happen.

Support it with:

- Proper nutrition
- Sleep support
- Nervous system regulation
- Not overfilling every day

Next step into SERENE

Inside **SERENE Academy**, we guide you through:

- Training based on your body's needs
- Building strength without burnout
- Supporting hormones through movement

Your body may need smarter support, not more punishment.

Love,

A handwritten signature in a cursive script that reads "Denise".

Your Hormone, Metabolic & Perimenopause Coach

Hormonal Balance with DNG Fitness

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