



# NAVIGATE MENOPAUSE *COURSE OUTLINE*

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MENOPAUSE

# OVERVIEW

Module 1: Why Are We So Lost?

Module 2: A Trip through The Menopause Transition –  
Where Are You?

Module 3: Establishing Your Menopause Mindset

Module 4: Understanding (And Managing!) Symptoms

Module 5: Weighty Matters

Module 6: A Strong Menopause Foundation

Module 7: Fueling Your Menopause Journey

Module 8: Your Action Plan & Commitment Statment

MODULE 1:

# WHY ARE WE SO LOST?

Before we get deep into the science and information about menopause, it is important to understand where we have been and some history before we work out where we are going.

## LEARNING OUTCOMES

- The history of menopause and treatment that has led us to be underserved
- Why menopause has traditionally been an overlooked topic and how the cultural conversation about aging impacts our mindset and treatment
- The under-education of medical professionals and how women need to diligently seek out the right treatment provider
- The history of HRT and why the conversation has been so controversial
- Why we should feel empowered as the generation that can change that trajectory

## LESSONS

1. The sad, mad, bad woman
2. From Feminine Forever and the WHI Debacle
3. The Dearth of Menopause Education & The Menopause Influencer Explosion
4. The Menopause Power Generation

## MODULE 2:

# A TRIP THROUGH THE MENOPAUSE TRANSITION— WHERE ARE YOU?

Let's take a trip through the menopause transition and figure out where the heck we are! To get the care we need and deserve we need to advocate for ourselves. And to do that successfully, we need to really understand ourselves.

## LEARNING OUTCOMES

- Comprehensive explanation of hormones, extending beyond their reproductive roles
- In-depth coverage of all phases and stages of perimenopause
- Science-heavy content for a thorough understanding of menopause that you can use to have informed discussions with your health care provider

## LESSONS

1. Your Lifelong Hormonal Journey: The Beginning
2. Your Hormones: More than reproductive agents
3. The Stages of Perimenopause & Menopause
4. Hormone Levels & Testing
5. Menopause and Beyond
6. Suddenly Menopause!

## SELF ASSESSMENTS & DOWNLOADS

- Perimenopause & Menopause Symptom Questionnaire
- Hot Flash Related Daily Interference Scale
- How To Talk To Your Doctor Cheat Sheet

## MODULE 3:

# ESTABLISHING YOUR MENOPAUSE MINDSET

In this module we are going to develop a mindset that helps us approach the menopause transition. Our mindset sets the stage for everything: how we experience menopause, how we cope with the changes and challenges it brings, and how we find and apply the therapies we need.

## LEARNING OUTCOMES

- How to develop a mindset that will take you through and beyond this course
- Learn the different types of behavioral therapies that can be used to develop a mindset that helps us approach the menopause transition in a productive, positive way.
- Understanding why mindset is so important to the menopause transition

## LESSONS

1. The Mind-Menopause Connection
2. Fixed or Growth Mindset?
3. Behavioral Therapy Strategies for Menopause
4. Acknowledging the Menopause Lifequake

## SELF ASSESSMENTS

- What Is Your Menopause Mindset?

## MODULE 4:

# UNDERSTANDING AND (MANAGING!) SYMPTOMS

In this module we take a deep dive into managing symptoms of menopause. We introduced the symptoms in Module 2. Now it's time to understand them more in depth, and more importantly understand what to do about them.

## LEARNING OUTCOMES

- Understand the many "symptoms" of menopause and how to manage them
- Develop a deeper understanding of the various hormonal and non-hormonal therapies used to alleviate menopause symptoms
- Gain confidence in knowing how to work with a healthcare provider to get optimal care
- Learn to develop a personal treatment plan of action

## LESSONS

1. The Symptoms: An Overview
2. Hormone Therapies: An Overview
3. Nonhormonal Therapies: An Overview
4. The Stress Connection
5. Navigating Symptom Management
  - a. Vasomotor Symptoms (Hot Flashes/Night Sweats)
  - b. Psychological & Mental Symptoms
  - c. Urogenital Problems: GSM
  - d. Sleep Disturbances
  - e. Sexual Function Issues
  - f. Musculoskeletal Health
  - g. All the rest!

## MODULE 5:

# WEIGHTY MATTERS

It's extremely common for a woman's body to change during menopause. And how it changes is as unique as she is. In this module, we are learning about the *why* of body composition changes so you can understand *what* is happening. We want you to be your strongest, healthiest, most optimized self. This module is designed to help you get there.

## LEARNING OUTCOMES

- Develop a deeper understanding of the body composition changes that come during and beyond the menopause transition and why
- Learn tools to overcome body image battles
- Understand what happens to muscle mass & metabolism during this time

## LESSONS

1. What the hell is up with my weight?
2. Muscle Your Metabolic Driver
3. Practical Steps to Take
4. The Body Image Battle

## MODULE 6:

# A STRONG MENOPAUSE FOUNDATION

This module is devoted to all things menopause and muscle, including step by step guidance to building your strong menopause foundation. We'll talk about strength training, plyometrics, HIIT, mobility, core training and more.

## LEARNING OUTCOMES

- How to change your fitness approach for the maximum benefit during menopause
- Learn how to build a strong menopause foundation, which includes not only the muscles you can see, but also those you can't—like your pelvic floor.
- Understand the role of high-intensity exercise, and the importance of both recovery and mobility

## LESSONS

1. Why We Need to Lift Heavy Sh\*t as Menopausal Women
2. Jump Starting Your Power
3. Mobility for Menopausal Performance
4. Hone Your Menopause Training Zones
5. Train Your Pelvic Floor
6. Save Your Skeleton

## INCLUDES THE FOLLOWING BONUS

- 1 week sample training plan for weight training with either:
  - Bodyweight
  - Dumbbells
  - Barbells



## MODULE 7:

# FUELING YOUR MENOPAUSE JOURNEY

It's time to talk nutrition! In this module, we cover everything you need to know about fueling your menopause journey.

## LEARNING OUTCOMES

- How to change your nutrition approach for the maximum benefit during menopause
- Develop an understanding of the importance of achieving optimum energy availability during menopause
- Learn the specific and individual importance of protein, carbohydrates, micronutrients and sports supplements for menopause
- Develop an action plan for optimal personal fueling

## LESSONS

1. Optimum Energy Availability
2. Carbs Are Queen
3. Protein Power
4. Menopause Micronutrients
5. Performance Supplements for Menopause

## MODULE 8:

# YOUR ACTION PLAN & COMMITMENT STATEMENT

An action plan is designed to help you put your new learnings into action and achieve your goals. It helps you to prioritize which actionable tasks you are going to put into motion following the course. After making an action plan, we'll each write out a commitment statement. This is a promise you're making to yourself that will help you navigate the menopause transition.

## LEARNING OUTCOMES

- Create an action plan with key goals and actions from each module, identifying:
  - What you will do/change
  - Who you need support from
  - When you will start
- Write a commitment statement that will be your guiding light to help you navigate menopause, culminating everything you've learned on this journey