

Fit Over 40 Fitness Guide

*Learn to work WITH your body to feel
confident, strong, and sexy again!*



BY BECKY CRYNE

WELCOME!



Hi! I'm Becky and I'm passionate about empowering women to live their best life through a deep understanding of how their bodies move, think, fuel, rest, and connect. These are the pillars of wellness.

I have been involved in the fitness industry for over 20 years and have worn many hats during that time. Personal trainer, gym manager, group fitness teacher, yoga teacher, and Pilates studio owner. I am obsessed with educating women on how to move their bodies efficiently and intuitively.

I am mom to 3 teenagers, am married to my college sweetheart, and have a few fur babies rounding out our household. I enjoy the simple things that life provides. Listening to the prairie grasses blow in the wind, watching the sunset over the Rocky Mountains, and tending my garden bring me immense happiness. This chapter of life has also brought me the perimenopause journey. Let's walk it together.

Becky

01 YOUR CHANGING BODY

This phase of life brings many unique challenges. Not only is your body in a hormonal transition phase; it is most likely one of the most stressful chapters of your life. Life is full on! Trying to juggle a busy career, manage a house of teenagers, assist aging parents, save for retirement, and still enjoy life can be overwhelming. There are a lot of external stressors. And you are most likely not prioritizing your own needs which has resulted in your life lacking joy, your mental health feeling frayed, and your physical health in lackluster shape.

And what IS happening with your hormones? Perimenopause refers to the transitional time before a woman enters menopause. It's characterized by an overall decline in both estrogen and progesterone that can feel a bit like a hormonal roller coaster. Anxiety, night sweats, mood swings, and an increase in belly fat are just a few of the symptoms that may show up.

With life being full on and hormones creating an array of symptoms it's no surprise that this chapter of life brings a lot of STRESS with it.



TOO MUCH CORTISOL

Cortisol affects how our body adapts to exercise. It's important that your workouts are not contributing MORE stress to your life.

Exercise is good for you but like anything, too much of a good thing can have the opposite effect.

So if your body is already in an inflammatory and stressed state then when you add more stress to the system with hardcore training, calorie restricted diets, or carb restricted diets, you actually create more stress.



So how do we reduce stress when exercising:

1 Perform a warmup before your workouts that includes deep breathing, muscle activation exercises, and mobility sequences.

2 Focus on your form and technique. Work smarter, not harder.

3 De-stress after your session with stretching, deep breathing, and savasana.

02

TRAINING TIPS



Do what you enjoy! Life should be fun and filled with JOY!



Always start with a warmup and muscle activation sequence to decrease your risk of injury.



Pilates or yoga are great choices to support your body and your mind.



Fill nutritional gaps with supplements. Pre/post workout supplements can optimize your results.



Incorporate pelvic floor and core exercises.

Did you know that women who have more muscle than fat will reduce hot flashes by up to 70%!



Incorporate strength training 2-3x/week.



Interval training sessions of 15-45 minutes can be super effective. Do 1-3x/week.



Nourish your body with whole foods. Food is fuel. And stay hydrated!



Take rest days to focus on de-stressing your body. Have a nap, book a massage, or read a book.



Celebrate your body! Celebrate YOU!

WEEKLY FITNESS PLANNER

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	• schedule workout days • schedule rest days • plan your snacks and meals to properly fuel your body • check in with your stress levels daily and modify your program based on those levels

Want to learn more?



I help busy moms move well, think well, eat well, and sleep well using the Pillars of Wellness. Check out my website to Simplify your Wellness.

[Simplify Your Wellness](#)



Looking for more? I invite you to take a look at [THE VIBRANT WOMAN PROJECT](#).

This 12 week coaching program is designed to take you from frustrated to fabulous as you transform your life with the Pillars of Wellness Roadmap.

<https://www.beckycryne.com/vibrant-woman-project>

It's Time to Live Your Best Life

