

**7  
KEY  
TIPS TO TONE UP  
AFTER MENOPAUSE**

**ADD STRENGTH TRAINING TO YOUR  
ROUTINE**

**FEED YOUR BONES**

**DITCH THE SUGAR**

**GET OUT IN NATURE**

**STAY HYDRATED**

**START A YOGA PRACTICE**

**GET YOUR SLEEP**

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# ADD STRENGTH TRAINING TO YOUR ROUTINE

**Muscles do more than move you from place to place. Keeping them strong will help you reduce your risks of Type 2 diabetes, dementia and Alzheimer's, obesity, cardiovascular problems and osteoporosis.**

## THREE ESSENTIALS

### Squats



Squats are great to develop lower body strength. They target your quadriceps gluteus muscles and hip flexors. If you're new at this, try to get in about 3 sets of 8 to 10 squats. Pretend you're sitting back in a chair.

### Core Plank



Strengthens all of you from the crown of your head to the tip of your toes! It's also great for the abdominals. Make sure your body looks like a plank visualizing a line from your ankles through your knees, hips, back and shoulders. Keep your abs tight and keep breathing. Record how long you hold it , and hold it for a bit longer the next time!

### Incline Push-up



Incline push-ups are a great way to break in to the push up routine. You can also start with your knees on the ground slightly behind your hips. If you're at the wall, or the chair keep your arms out at a 45 degrees. If you're doing these on the floor, keep the arms closer to your ribs. As you push up squeeze your hands together - they won't move but you'll feel your upper chest muscles too.

# DIET

## DIET

Dont stress about the changes in diet  
Three easy Overnight Changes

When it comes to changing your diet, it's easy to get overwhelmed .  
That's why we go in small steps

There are **three easy changes** that you can make overnight and will make the world of  
difference to your overall health.

YOUR BONES WILL ALSO THANK YOU!

- Ditch the PROCESSED FOODS
- Ditch the SUGAR – if you can't then start by reducing it
- Ditch the SODA – if you can't then start by reducing it

They are unhealthy, and they will lead to dis-harmony and dis-ease. They all  
cause chronic inflammation that burdens your body as it deals with processing  
them.

Here are **three simple foods to add** to your diet.

If you browse the internet new super foods and fads emerge all the time. I've done the  
research and offer three easiest foods to add to your diet and why:

### MORE GREEN LEAFY VEGETABLES

green leafy ones like collard greens and turnip greens. They are powerhouses  
of calcium and other important nutrients too. you can boil or sauté them with  
onions or garlic. Both are good sources of magnesium and vitamin K2 as well  
as calcium

WALNUTS boast a high health profile with minerals known for bone formation  
EXTRA VIRGIN OLIVE OIL studies have shown that people who eat Extra  
Virgin Olive Oil, the fresher the better, shows higher bone-forming markers.  
use it raw on salads or other vegetables.

There are many others; these three you can do practically overnight.



# FEED YOUR BONES

## *Feed Your Bones*

Don't stress about the changes in diet  
When it comes to changing your diet, it's easy to get overwhelmed.  
That's why we go in small steps

HEALTHY  
FOOD  
HEALTHY  
LIFESTYLE

### Three Overnight Changes to ADD!

**MORE GREEN LEAFY VEGETABLES** like beet, collard greens, and turnip greens! They're easy to add and simple to prepare. They are powerhouses of calcium and other essential nutrients too. You can boil or sauté them with onions or garlic. All are good sources of magnesium, vitamin K2, and calcium.

**WALNUTS** boast a high health profile with minerals such as copper known for improving bone density. They also improve bone quality.

**EXTRA VIRGIN OLIVE OIL** studies have shown that people who eat Extra Virgin Olive Oil - the fresher, the better - show higher bone-forming markers. Use it raw on salads or other vegetables.

There are many other foods for bone health but these three are easy to add overnight.

Try the three easy recipes later on in this framework!



# DITCH THE SUGAR

## *Feed Your Bones the Right Way*

Don't stress about the changes in diet

### **DITCH THE SUGAR - if you can't then start by reducing it**

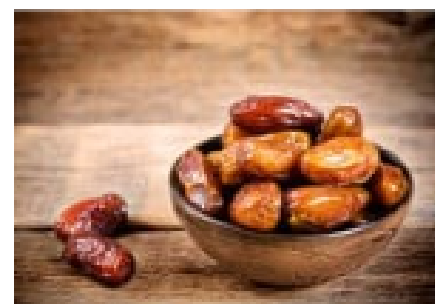
**Why:** Sugar is bad for your bones worse and than salt, because it increases inflammation, reduces calcium and magnesium absorption and intake and increases the excretion of both through the urine.

**What to do Instead:** Here are some ways you can swap the sugar for healthier alternatives. Give them a try!

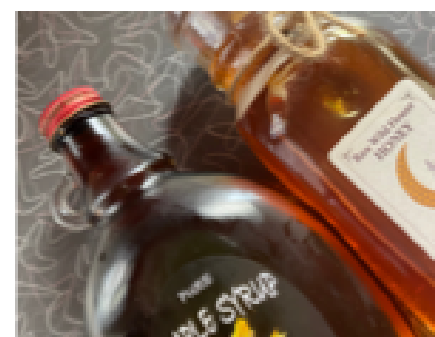
**Monk Fruit Sweetener:** is a natural sweetener extracted from the Monk fruit. Its unique antioxidants called mogrosides cause it to be super sweet. It has Zero calories and is part of the Paleo diet. **Coconut Sugar:** has a similar profile to white sugar, but prevents sugar spikes, and it's the best sugar replacement for baking.



**Dates** are versatile and contain some important nutrients: fiber, potassium, magnesium and manganese, B6 and antioxidants. They won't cause a spike in your blood sugar. Try them in baking, trail mixes, or your smoothie.



**Maple Syrup** tapped from trees is low on the glycemic index, and it has tons of minerals a - zinc, magnesium and manganese. Buy 100% Maple Syrup. **Honey** rich in amino acids, electrolytes and antioxidants. Try it in baking!



**Black Strap Molasses** is a by product of sugar production, but boiled three times resulting in a nutrient- dense thick spread rich in iron, potassium and calcium, so is it also good for bones! Once per ounce it has more calcium than milk and more potassium than any other food!

Use it on granola and yogurt or as a spread.



# LET NATURE NURTURE YOU



Walking or hiking in nature is good for your health! It improves cognition, mood, and cardiovascular health, and it reduces stress and anxiety! It's even better if you enjoy it with a friend. Besides all those benefits, it also helps keep body fat at bay. Cycling and swimming are good exercises too! So it's important to do what you like!



# STAY HYDRATED



Drink up with your new favorite drink!  
WATER!

It keeps you hydrated, it lubricates joints, it can help with hot flashes, it good for skin, hair and nails, reduces the severity of headaches and helps eliminate wastes from the body. It helps with weight loss too.



# START A YOGA PRACTICE



Yoga offers you so many benefits! Physically, it strengthens your bones, improves your balance, flexibility, and posture. It provides mental clarity and brings you in the present moment. Emotionally, you'll accept who you are and be happy with you! You'll learn not to be so harsh on yourself too! Yogic breathing will help you reduce stress and anxiety, lower your BP, and be healthier overall!

# SLEEP



When you sleep well, you live well! You have less stress, function better, get sick less, and your health is better. So, developing healthy sleep habits is essential. Some good practices include going to bed on a regular schedule, keeping electronics out of the bedroom, keeping the room quiet and temperature cool, staying away from caffeine and alcohol near bedtime, and doing something relaxing before bed.

# MUSCLES REIGN



With age, you might have noticed a loss of muscle mass, and the loss of strength that goes right along with it. This is called Sarcopenia and there are so many chronic conditions that strongly correlate with this loss of muscle: cardiovascular problems, some cancers, type2 diabetes, chronic inflammation, obesity, mental health and dementia, falls and fractures.

It's time to gain strength and re write the story of what it means to get older, and age gracefully-  
pain -free and vibrant!

For more information contact: [info@amenniayoga.com](mailto:info@amenniayoga.com)