



## ◆ Wellbeats

Wellness

# Optimizing Women's Hormones Program

Get a handle on hormonal changes that occur as the body ages with nutrition and lifestyle strategies that work. Course topics include hot flashes, weight gain, and emotional health.

Before you start your program in Wellbeats *Wellness*, a product of LifeSpeak Inc., review and download the [program resources](#).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Welcome to Optimizing Women's Hormones 3 min	Menopause 101 6 min	Factors That Affect the Menopause Transition 4 min	Track everything you eat and drink today.	Track everything you eat and drink today.	Track everything you eat and drink today.	Track everything you eat and drink today.
WEEK 2	What's Happening During Hot Flashes 5 min	What to Eat For Hot Flashes 14 min	Note products in your refrigerator and pantry that have more than 3g added sugar or implement your selected action item.	Eat 1-2 cups of cruciferous veggies or implement your selected action item.	Reduce your caffeine intake and/or swap in green tea or implement your selected action item.	Include a protein in every meal and snack or implement your selected action item.	Keep going with your selected action item.
WEEK 3	Why is Weight Gain Happening? 6 min	Lifestyle Recommendations for Body Composition 9 min	Eat 20g of protein at breakfast or implement your selected action item.	Track your daily intake of protein or implement your selected action item.	Meal plan to include only low-to-mid GI carbs or implement your selected action item.	Add in a restorative movement/workout or implement your selected action item.	Keep going with your selected action item.
WEEK 4	The Emotional Rollercoaster 4 min	Improving Emotional Health with Food 9 min	Reduce your caffeine intake by 1 cup per day or implement your selected action item.	Cut out alcohol this week and track mood and sleep changes or implement your selected action item.	Use the low-glycemic formula at every meal or implement your selected action item.	Consume foods high in vitamin B at every meal or implement your selected action item.	Eat a healthy-fat food today or implement your selected action item.
WEEK 5	Hormones and Detoxification 6 min	How to Reduce Toxins in Your Life 6 min	Identify kitchenware you can swap out for safer options or implement your selected action item.	Clean out your refrigerator and pantry of foods high in chemicals or implement your selected action item.	Eat 2 servings of cruciferous veggies or implement your selected action item.	Eat a food from the Fiber List in your workbook or implement your selected action item.	Keep going with your selected action item.
WEEK 6	Hormones and Special Considerations 6 min	Eat a healthy omega-3 fat today or implement your selected action item.	Take a brisk walk or implement your selected action item.	Identify an exercise plan that works for you or implement your selected action item.	Eat 2 calcium food sources today or implement your selected action item.	Optimizing Women's Hormones Wrap-up 1 min	