



Celebrate and Thrive: Your Menopause Holiday Guide

The holiday season can be challenging when it comes to staying healthy, but with a little planning and some mindful choices, you can enjoy the festivities while keeping your nutrition and exercise routine intact. Here's how!



1. Exercise tips to stay Active

- **Keep Moving:** The holidays are busy, but don't skip your workouts! Even a 20-minute walk after meals can boost digestion and energy levels. Aim for at least 3-4 days of exercise each week.
- **Mini Workouts:** Short and effective exercises (like 10-15 minute HIIT sessions or yoga stretches) are perfect for tight schedules. Fit them in whenever you can.
- **Group Activities:** Instead of sitting, organize a family walk, hike, or even a fun dance-off to stay active while socializing.



- **Strength Training:** Muscle mass naturally decreases with menopause. Include resistance exercises to build and maintain muscle, which boosts metabolism and strengthens bones.
- **Prioritize Sleep:** Don't sacrifice rest! Lack of sleep can impact metabolism and cravings. Aim for 7-8 hours each night, especially when stress is high



2. Nutrition tips to stay balanced



- Before big meals or parties, eat a light, healthy snack like a handful of nuts or veggies. This will help curb your hunger and prevent overeating.
- At meals, fill half your plate with vegetables. They're high in fiber, low in calories, and help you feel full longer, reducing the urge to overindulge.
- Include lean proteins (chicken, fish, tofu, eggs) at every meal to help stabilize blood sugar and reduce cravings.
- Slow down and savour each bite. When you're mindful of your food, you're less likely to over eat.

- Drink plenty of water throughout the day. It can help control hunger, reduce bloating, and keep your energy up. Limit sugary drinks and alcohol —both can be calorie-dense and lead to blood sugar swings.
- Limit Alcohol: It's easy to get carried away with holiday drinks, but alcohol can be a source of hidden calories and can disrupt sleep. Opt for one or two drinks, earlier in the evening and stay hydrated with water in between.
- Instead of depriving yourself, enjoy a small portion of your favourite indulgence, pair it with some fruit



3. Stay on Track with These Holiday Hacks:

- IF YOU'RE ATTENDING A GATHERING, BRING A HEALTHY DISH YOU CAN ENJOY AND KNOW THERE WILL BE SOMETHING NUTRITIOUS AVAILABLE.
- PRACTICE PORTION CONTROL: USE SMALLER PLATES TO HELP CONTROL PORTIONS. IT'S OKAY TO HAVE A LITTLE OF EVERYTHING, JUST KEEP PORTIONS IN CHECK.



- AVOID GRAZING AT THE SNACK TABLE! SET YOUR PLATE, SIT DOWN, AND FOCUS ON EATING YOUR MEAL. THIS HELPS YOU AVOID MINDLESS SNACKING, WHICH CAN ADD UP FAST.
- MAINTAIN ROUTINE: TRY TO KEEP YOUR REGULAR ROUTINE AS MUCH AS POSSIBLE. IF YOU USUALLY WORK OUT IN THE MORNINGS, AIM TO KEEP THAT HABIT DURING THE HOLIDAYS. CONSISTENCY IS KEY

4. Bonus tips for Menopause

- Holidays can be hectic, but don't forget your bone health! Include calcium-rich foods like leafy greens, yogurt, and fortified plant milk.
- Blood Sugar Balance: Menopause can make you more sensitive to blood sugar fluctuations. Eat balanced meals with protein, healthy fats, and fiber to avoid spikes and crashes.
- Don't forget to take time for yourself. Between parties, cooking, and shopping, you may forget to take a time out to check in on yourself. All the hustle and bustle can leave you feeling flustered and moody. Try and add some "me time" in your schedule to do something that is enjoyable and relaxing for you. Consider adding some "me time" into your holiday schedule. Do something you find enjoyable and relaxing.

5. **Hot Flash Relief:** If you're dealing with hot flashes, try to avoid spicy foods, caffeine, and alcohol, which can trigger symptoms. Stress can also be a trigger, and the holidays can be a stressful time. Try to find moments where you can take a short break, practice deep breathing, especially during a hot flash, or space out your events/activities instead of over scheduling your days. Be mindful of where your energy is being spent.





A LITTLE ABOUT ME

A message from Diana

I started Be Empowered with Diana to provide a place where women in midlife can turn to for information, motivation, and validation in their experiences.

When I entered perimenopause, I didn't even realize I had entered that stage of life. The only thing I knew about Menopause was the reference to hot flashes and irregular periods. There was no mention of any other physical, mental, and emotional changes that happen during this time, so I didn't start connecting the dots until much later.

I don't ever remember my mom talking about anything other than hot flashes and it's just something you go through, and there really isn't much you can do about it.

I really wish I knew that my low moods, lack of motivation, my depressive symptoms, brain fog, my sudden aches and pains, that it was all part of Perimenopause, and that in fact I was not losing my mind. It wasn't until I started having conversations with my friends who also shared feeling this way, that I didn't feel so alone anymore.

All of this led me to where I am now. I wanted to learn as much as I can, and share what I've learned with other women who are also in this stage of life so they don't feel alone or feel like they are losing their sense of self and don't know what to do to feel better.

We are not meant to "just go through it". There are things we can do to feel better, physically, mentally and emotionally. We don't need to suffer or feel alone or confused by all the information (or lack of) out there.

My goal is to provide you with evidence based information so that you feel EMPOWERED to make informed decisions that make this stage of life feel more manageable. There is a wide range of options out there and I am here to help you learn a little bit more, help you navigate through peri/menopause, and to share in this experience together.

Follow me on Instagram or Facebook @beeempowered_withdiana for more tips along the way. Reach out anytime you need support at beempowered yoga@gmail.com

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