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THE EXTREME MENOPAUSE BODY MAKEOVER

PHASE ONE GUIDE

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INTRODUCTION

HEY GORGEOUS!

Kim Constable , CEO and Founder of The Sculpted Vegan, the world's largest online vegan bodybuilding company. Welcome to our most in-demand program, rebranded and tailored to our TSV community - Extreme Menopause Body Makeover.

This program will be like nothing you have ever experienced before because, for one time only, I will personally coach you on how to create your dream body and life. Whether you're a loyal Sculpted Vegan fan or nothing has worked for you before, get ready—because I'll be holding your hand every step of the way. Over the next six months, I'll be coaching you through a series of masterclasses, coaching calls, and Q&As, covering every aspect of this program while deep-diving into the mindset shifts you need to succeed. My team and I will be there to listen and help, so you'll never feel alone on this journey. Everyone is VIP here!

This program is designed with the menopausal woman in mind. I'm 44 and deep in perimenopause myself—night sweats, brain fog, mood swings—but I've mastered the one thing many struggle with: menopausal fat gain. That stubborn belly, butt, and thigh fat that creeps on even when you're doing everything "right." But don't despair; I've got the solutions to it. Menopause and bodybuilding have much more in common than you may think. We have the same goal: not to put on a lot of body fat while maintaining muscle mass. The fat loss approach I teach for menopause is the same shredding strategy I've followed for over ten years to maintain a lean, muscular physique, and I want to share it with you.

You don't even have to be in menopause to benefit—this will work for anyone, at any age, looking to build muscle, lose fat, or simply live a healthier life. Want proof? Check out the results of our previous Extreme Body Makeover winners, who are in their 40s, 50s and even 70s!



One key difference in this menopause version of Extreme Body Makeover is that you don't have to do an intense shred if you don't want to. While our previous programs prescribed a 12-week build followed by a 12-week shred, many women found they didn't want to shred at the end. Great news—you don't have to! I'll teach you to drop body fat without the intense shred and encourage many of you to treat this as a six-month build. You'll learn how to live a sculpted life with minimal effort. Of course, if you do want to shred at the end, I'll coach you through that, too. Make sure to join the **Extreme Menopause Body Makeover Facebook** community, where my team of worldwide coaches and I will cheer you on.

My mission is simple: to help you build a sexy, sculpted, and strong body, no matter your age or life stage. So grab a glass, raise it high, and toast to becoming your best self. Together, we can achieve anything.

Lifting a glass to your best self!
Kim xo

OUR GIFTS TO YOU





THE REASONS FAT LOSS IS HARDER IN MENOPAUSE

One of the primary challenges of peri to post-menopause is the accumulation of excess body fat, notably around the abdominal and thigh areas. Despite rigorous training and calorie reduction, many find it challenging to combat this “middle-age spread.” Menopausal fat loss definitely differs from our younger years, but achieving a toned midsection in middle age is still achievable when you understand how to navigate hormonal changes.

ESTROGEN DOMINANCE

During puberty, rising estrogen levels lead to fat accumulation in areas such as the pelvis, buttocks, thighs, and breasts, serving as an energy reserve for potential pregnancy and lactation. In the perimenopausal years, the menstrual cycle’s hormonal dance between progesterone and estrogen can result in estrogen dominance, even without abnormally high estrogen levels, which can lead to early perimenopausal weight gain. Early perimenopause brings the challenge of weight gain, as the body, recognizing a lack of ovulation and progesterone, resorts to fat cells for increased estrogen production. This transition into late perimenopause and ultimately menopause results in a shift of fat cells from thighs and buttocks to the abdomen, causing the well-known middle-age spread and the dreaded meno-belly! Post-menopause, the body adjusts to lower estrogen levels by increasing fat storage in an attempt to produce more estrogen than necessary.

MENOPAUSE METABOLISM

To manage weight gain from perimenopause onwards, you need to understand both the hormonal changes happening in your body and how these changes affect the metabolism of food and calories. In your younger years, I want you to imagine your body as if it were a sports car, and you would have needed a lot of fuel to race it around at high speeds. As you get older and your body becomes the equivalent of a slower vintage car, you don’t need as much fuel to drive it as you did in your heyday. Our sex hormones decrease as we age, causing this drop in metabolism which means less demand for calories. If you continue to eat the same amount of calories that you have always eaten, the body will store them as fat because it doesn’t have as much need for them in the metabolism. And as we have learned, the menopausal body loves to keep increasing fat stores to create more estrogen.

CORTISOL

Cortisol, the body's primary stress hormone, acts as a built-in alarm system and is produced by the adrenal glands. Our menopausal members frequently report feeling constant stress, which is often exacerbated by symptoms like hot flashes, poor sleep, brain fog, and a diminished sex drive. Both emotional and physical stress trigger cortisol production, which can negatively impact our waistlines, as studies indicate a strong link between prolonged high cortisol levels and increased abdominal fat. This can lead to insulin resistance, particularly with the accumulation of visceral fat around vital organs, further perpetuating the cycle of weight gain, heightened cortisol production, continued insulin resistance, and more belly fat. Managing stress becomes a crucial aspect of navigating menopause, and incorporating practices like meditation and breathwork can help activate the parasympathetic nervous system responsible for rest and digestion, effectively curbing the release of cortisol and the expansion of menopausal waistlines.

INSULIN RESISTANCE

When we consume food, it gets broken down into calories and absorbed through the small intestine into the bloodstream, causing a rise in blood sugar levels. To regulate this, the pancreas releases insulin, a storage hormone that shuttles calories and sugar throughout the body, primarily to feed our muscles. However, when insulin resistance sets in, muscle, heart, and liver cells become less responsive to insulin's energy-giving efforts, and the pancreas compensates by secreting more insulin, directing excess glucose into fat cells. Menopausal weight gain is a serious concern as it's driven by the body's attempt to channel more energy into fat storage at a cellular level. While some fat cells are essential as an energy source, an excess resembles a cluttered drawer or closet. As menopause unfolds, the body becomes more insulin resistant in its quest to accumulate additional fat, primarily to boost estrogen production in the absence of ovarian function.



HOW TO STOP FAT GAIN IN MENOPAUSE

As we go through menopause, it's not just as simple as eating less and exercising more. Although this does work, more than anything, you need to short-circuit hormonal weight gain. If you want to effectively and measurably lose your middle-age spread or stop your body from putting on body fat, you need to do two things:

1.	**Consume a high-protein diet**
2.	**Consume slow carbohydrates**

SLOW CARBOHYDRATES

'Slow carb' is a term that I have borrowed from Tim Ferriss and 'The Four Hour Body.' They are very fibrous carbs, such as green cruciferous vegetables. Crucifers are vegetables grown above the ground, e.g., spinach, green beans, asparagus, broccoli, and cauliflower, and are a fantastic source of slow-release energy. Beans and legumes are also delicious slow carbs. A white starchy carb is just a carbohydrate where the fiber has been removed, causing it to be absorbed much more quickly into the bloodstream. We classify a white starchy carb as anything that "is white, was white, or could be white" and they should make up no more than 5-10% of your overall diet.



IF YOU REMOVE THE FIBER, IT'S ABSORBED QUICKER

The more fiber has been removed from a food, the faster it is absorbed into the bloodstream, and the more rapidly the glucose in the blood rises. The more rapidly it rises, the quicker insulin is released into the bloodstream to reduce the glucose levels in the blood. If you change 90-95% of your carb intake to slow carbs, your body will get a constant slow drip of energy, and is less likely to get those insulin spikes and fat storage. When we eat slow carbs, we eat a lot of both soluble and insoluble fiber. With the presence of fiber, not a lot of the calories make it into the bloodstream. **Remember, it's not important what makes it into your stomach; it's what makes it into your bloodstream that counts because only that which is absorbed into the bloodstream is absorbed as calories.** The rest of it is just poop! I could eat two heads of broccoli, but because the majority of it is fiber, I'm only getting the nutrients from the broccoli and the benefit of feeling full. If food is not absorbed into the bloodstream as energy, it is sent through to the large colon to be fermented and passed out as poop. Soluble fiber draws water into the bowel and makes it like a gel-like substance which is important for passing smooth stools when you go to the toilet. Roughage is caused by insoluble fiber and comes from the likes of beans. My daily diet is protein, legumes and green cruciferous vegetables, and I poop five times a day!

REDUCE STARCHY CARBS, AND WATCH YOUR BELLY FAT MELT AWAY

Managing your carb intake is the first and best way to stop belly fat and all of that seemingly-unmanageable weight gain that comes in your more mature years. With slow carbs, your body gets a slow, sustainable drip of energy, and it can use this energy immediately. Consumption of slow carbs will still cause a slight rise of glucose in the blood and some insulin secretion. But because it's only a small amount of glucose, you will use most of it immediately, leaving very little for fat stores and because not a lot of it will make it to the bloodstream anyway, so insulin resistance won't cause it to be diverted to fat. That is why you can eat lots of slow carbs and not put on any body fat.

GET STARTED

THE LEAN BUILD

Over the next twelve weeks (at least), you will be performing what I call, a lean build. A lean build is where you focus on building muscle while managing your body fat. If you are of higher body fat and losing body fat is your highest value, I will teach you how to eat strictly to a series of eating principles while training and performing cardio to shred fat while building muscle. If you are already pretty lean, and losing body fat isn't your highest value, then I will be teaching you how you can eat to the eating principles with a little more flexibility to keep your lean physique while packing on muscle. The principles you will learn will enable you to eat intuitively even after the program has ended, continuing to build muscle and shred fat all year round. You will also figure out how to fit alcohol, pizza, and vegan cheesecake into your life (if that's your jam!) without completely derailing your progress and sacrificing all you've worked for. These principles are how I eat, day in and day out, avoiding menopausal fat gain, while still living my life to the fullest. You really can have it all.

With this plan, I'm on a mission to help you build as much muscle as possible. Over the next six months, I will teach you how to train hard and heavy to create maximum muscle stimulus while eating whole and nutritious food to create prime conditions to fuel your muscle growth. Building does not mean bulking up; very much the opposite, actually. The more muscle you have, the higher your metabolism. Muscle is live tissue which requires energy from calories to keep it alive. The more muscle I have built, the more food I am able to consume while still staying lean. And this is something I want to help you achieve too. Newbie trainers often worry that they are at a disadvantage to seasoned lifters when building muscle, but it's actually the opposite. For a beginner, you could expect to put on 1 lb of muscle a month if you train hard enough, with long-term lifters looking at gains of 0.25 -0.5 lbs a month. If you are a seasoned trainer, don't despair. While gains may be slower, they will still be visible by sculpting definition and thickness in your hard-earned muscle. Think of food as fuel and use it to beast it in the gym. It's time to get to work, athlete.

HOW TO PERFORM A LEAN BUILD

NUTRITION

On a lean build, the goal is healthy and nutritious eating. It's about nourishing your body on a cellular level so that you have enough energy to lift heavy in the gym, sleep great at night and torch body fat at the same time! There is no macro or calorie counting, and there's also no portion control (within reason) just a focus on clean eating. What does this mean? The bulk of your diet will be lean protein, slow carbs, green cruciferous vegetables and some good fats. You will follow a set of principles, not calories. Eating to these principles prevents insulin spikes and subsequent fat storage due to the body becoming more insulin resistant in menopause. Plus, no calorie counting, is a very freeing way to eat! You can consume as much as you want of any of the free foods on the list, so you never have to feel hungry.

This is a 'build phase', but don't let this put you off. Many women associate a build or bulk phase with getting fat. But it is not necessary to get fat to build muscle. In fact, it is counterproductive to what you are trying to achieve. When you carry excess body fat, some of that will be in your liver. Your liver is the biggest fat-burning organ in the body. If it is fatty, it can't do its job correctly! So you are working against yourself if you allow yourself to get fat in a build phase because you're handicapping your body's fat-burning organ. These principles will allow you to consume a huge amount of food but never put on body fat. It's a way to eat for life.



TRAINING

You will train hard and heavy five days a week. You have multiple programs to choose from - gym plan, home gym barbell and dumbbell plan, home follow-along workouts and even injury versions of each! The workouts must be completed in a seven-day period.

Take your rest days whenever is convenient. Not sure what plan to choose? The right plan for you depends on your goals and what you can stick to consistently over the next six months. If building serious muscle mass is your desire, then the gym program is your best bet, as lifting heavy weights is the quickest path to creating maximum muscle gains. Before starting the challenge, watch the training "how to" videos linked to your training guide in your customer hub. These are a must-watch to show you exactly how hard you must train to build muscle in the gym. Not a fan of the gym? No problem! Our follow-along home workouts are designed to challenge you while building noticeable muscle along the way. With the home workouts, you must find ways to add as much load as possible, such as using online marketplaces to source cheap or even free equipment. Always remember, more load means more muscle.



CARDIO

Whether you perform cardio or not will depend on whether losing body fat is your highest value.

If losing body fat is your highest value because you have a lot of body fat to lose, then you will perform scheduled cardio for a metabolism boost. For weeks 1–6, you will perform 30 minutes of cardio, six days a week. Increasing in weeks 7-12 to 45 minutes of cardio, six days a week. It doesn't have to be any specific type of cardio in this phase, as it's more about moving your body to burn extra calories. However, it does have to be scheduled. What does "scheduled" mean? It means you show up every day at the allocated time and perform your cardio. I don't mind if it's swimming, HIIT, Zumba, cycling, or walking the dog. My preferred option for scheduled cardio is LISS: Low-Intensity Steady State cardio. This type of cardio is highly effective for preventing fat gain whilst aiding muscle preservation. You can follow our slow steady cardio protocol or jazz it up with the follow-along cardio workouts with our Director of Training, Laura. The most important thing is not the type of cardio you do but that it gets done consistently.

If losing body fat isn't your highest value because you do not have a lot of body fat to lose and want to focus on building muscle, you will not perform scheduled cardio. But I do encourage you to lead an active lifestyle and keep your daily step count high. Whether it's a dog walk or a bike ride, it's good to move. On an average day, I will crank out about 25,000 steps, so my body burns a lot of calories. Which is one of the reasons I stay lean all year round!



TRACK YOUR PROGRESS

PROGRESS PHOTOS

Once a week, I want you to take a selfie with your smartphone or camera. Either snap it in the mirror or set the timer on your phone. Don't flex, tense or try to suck in your stomach. You need to see the reality of your situation! Assess your photos weekly to see how your build is going and adjust accordingly.

TAKE FULL-LENGTH BODY PICTURES:

- Front with arms relaxed beside your body
- Back with arms relaxed beside your body
- Side facing left and facing right



BREAK UP WITH THE SCALES

While I understand that you may want to lose weight for health reasons, I have seen the scales hinder women's progress more than support it. Scales are highly inaccurate and not an accurate measurement of body fat. I also assume you want to look a certain way, not a certain weight. Try your best to avoid the scales and stick to your progress photos. Need some help breaking up with them? **CLICK HERE** to watch a video on how to stop being a scale addict.

WHAT'S NEXT?

CLICK HERE to head to your customer hub, where you will find your eating guides, training and cardio PDFs, containing all the information you need to complete your build. Got questions? They will all be answered in these guides. Make sure to read all of your PDFs **at least three times.** Yes, three. I have included a massive amount of information in this program so that you can learn the process instead of just going through the motions. If you still have questions, reach out to the **Facebook group** and my team of coaches, and I will help.

Good luck!
Kim xo



ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. Strong & Sculpted Podcast
   Your go to resource for everything to do with muscle sculpting and fat burning
2. Private Facebook Group
   Join our private community and receive free coaching from one of our experienced coaches
3. The Sculpted Vegan YouTube
   For training videos, instructional resources and much more!
4. Training to Failure
   Dive deep with me in my personal training sessions as I show you what it really takes!
5. Training with Mark Getty
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
6. The Sculpted Vegan Video Blogs
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
7. Free Resources
   Download training and meal plans for free
8. Get Kim's Look
   Get the deets (AND DISCOUNTS!)

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