
THE SCULPTED vegan
THE
EXTREME
MENOPAUSE
BODY MAKEOVER
REST, RECOVERY & SELF CARE
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REST, RECOVERY AND SELF CARE

One thing that seems to catch people unaware when they start a new training program is how tiring it can be. Fatigue, muscle soreness and the urge to nap are all very normal parts of increased exercise. This is because a new training program can lead to a significant release of growth hormone in the body, which plays a crucial role in muscle growth and repair. However, this surge in growth hormone production can also result in increased fatigue as the body adapts to the demands of the workouts. Muscles aren't actually made in the gym, they are made when our body repairs and muscles grow while you rest. This is why it's essential in this challenge to balance training intensity with rest and recovery.

MUSCLE SORENESS (DOMS)

Delayed Onset Muscle Soreness (DOMS), often dubbed "Muscle Fever," is the discomfort experienced in muscles 12-72 hours after intense physical training. This sensation is all too familiar, especially for those new to exercising or attempting novel workouts. In the early stages of a new training program, one can expect to grapple with DOMS. However, as time progresses, you may notice a reduction in soreness, prompting concerns about whether they are working hard enough. This waning discomfort is attributed to the "repeated bout effect," wherein consistent exercise of the same type diminishes the severity of DOMS. While this may be positive in terms of comfort, the pursuit of progressive overload and training to failure remains essential for continued muscle growth and development, urging individuals to continually push their physical limits and capabilities.

HOW TO MANAGE DOMS

- **Keep moving -** Just because your muscles are sore, doesn't mean that you should stop training. Infact, the only way to decrease DOMs is to keep training to allow the body to adapt and for the repeated bout effect to kick in. As the weeks go on, the training will not feel so excessive and unfamiliar to your body, and the DOMS WILL lessen.
- **Vitamin D3 -** Can aid in reducing exercise-induced inflammation by modulating the immune response and supporting muscle recovery.

- **Stay hydrated -** Staying at a baseline of good hydration and aiming for 2-3 liters of water a day will help keep you hydrated.
- **Prioritize sleep -** Emphasize good sleep and recovery routines. Remember, when we sleep, this is when our body repairs and our muscles grow. So say night night and get those gains!

REST AND RECOVERY

In this program, you will eat and train the way professional bodybuilders do, and they require far different levels of rest AND recovery than the average person. I would even go so far as to say this is the most important part of this program because without prioritizing these two things, nothing else you follow from this program (or any program) will matter.

- Here are some ways you can prioritize your rest and recovery.
- Infrared sauna
- Naps
- Massage
- Magnesium baths
- Ice baths (part of my regular routine)
- Logging as many hours of sleep as possible BEFORE midnight (studies show the hours before midnight are the most important.)
- Foam Rolling
- Stretching
- Exposure to nature and natural elements (do your workouts outdoors!)
- Meditation and breathing techniques



HOW TO GET A BETTER NIGHT'S SLEEP

Sleep is a crucial aspect of recovery, extending beyond just the number of hours you sleep. Regardless of your training program, it is imperative not to jeopardize your ability to recover by neglecting either the quantity or quality of sleep. Here are some tips on how to get a better night's sleep.

1. GO TO BED AND WAKE UP AT THE SAME TIME

Decide what time you wish to wake up in the morning, and then work backwards in 90-minute blocks to calculate what time you need to go to bed. If we're going to get serious about sleep, we want to aim to be waking up after our body has completed an entire sleep cycle. Our body tends to go through 90-minute sleep of cycles.

- **REM- Rapid Eye Movement -** This is where dreaming and memory consolidation happen.
- **Light Sleep -** Where the body recovers and re-energizes.
- **Deep Sleep -** Where our body fully relaxes, blood pressure drops, and muscles grow and repair.

2. HAVE A BEDTIME ROUTINE

Devices such as smartphones emit blue light, disrupting the sleep hormone melatonin.

- **Dim lights at night -** Use lamps at night to help the body release our 'sleepy' hormone melatonin. Getting as much daylight as possible during waking hours also helps regulate our sleep cycles.
- **Avoid blue light stimulation -** Sixty minutes before bedtime, limit blue light from technology, e.g, phones, laptops, and tv, or wear blue light blocking glasses.
- **Create a dark and cool bedroom -** Use blackout curtains, switch off all light-up devices and make sure your heating temperature is low.
- **Meditation -** Twenty minutes before bed, practice the breathing meditation instructed by Kate McAlpin to get more restful sleep. **CLICK HERE** for the 10 minute meditation.

3. COMBAT RACING THOUGHTS

If racing thoughts are causing you problems like you can't fall asleep or you are waking up in the middle of the night.

- **Address your overall stress levels -** if you are not addressing your stress in the daytime, it will come up at night.
- **Journal -** Create 'To-do' lists, 'What if' lists, and anything you are randomly thinking into a journal or the notes on your phone**.**
- **Try a change of scenery -** If you wake up in the middle of the night, instead of tossing and turning, get up and go to a different room until you feel sleepy again, and then get back in bed.

4. NIGHT SWEATS & HOT FLASHES

Ditch the heavy duvet, synthetic nightwear, and stressful thoughts.

- **Cotton or bamboo bedding and pajamas -** try not to sleep naked, as the sweat will stay on your skin longer, and it will take your body longer to cool down. Have spare pajamas and bedding beside your bed, so it will take minimal effort if you need to change them.
- **Tog duvet -** TOGS are a standardized means of defining the warmth of a duvet. In menopause it is useful to consider the warmth level of your duvet. Switch to sheets that can be thrown off, or try a separate tog duvet or split tog duvet from your partner.
- **Fan -** A quiet fan beside the bed.

5. AVOID HOT DRINKS

Hot drinks before bed can cause sweating as the body tries to cool you down.

- **Water -** Try a small glass of water before bed.
- **Avoid stimulants -** such as caffeine or nicotine, before bedtime

SELF CARE

Self care is paramount for menopausal women, as this stage in life often marks a significant shift in priorities and responsibilities. Many women have spent a considerable portion of their lives putting the needs of others, such as family and career, ahead of their own. While this selflessness is admirable, it can lead to neglect of their own physical and emotional well-being. Over time, this imbalance can take a toll on their happiness and lead to feelings of resentment.

If this is you, use this program as a way to regain control over your life and prioritize your own needs. Schedule in the time for your training, cardio and self care to reconnect with your inner self. Put yourself first in your life because you truly can't pour from an empty cup. An idea would be to schedule some self care and use the meditation and relaxation sessions in **this playlist** with Rose Henry every week. And, **CLICK HERE** for a short meditation coached by Kate McAlpin. Use this meditation before bed to get more restful sleep or to de-stress at anytime.



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