

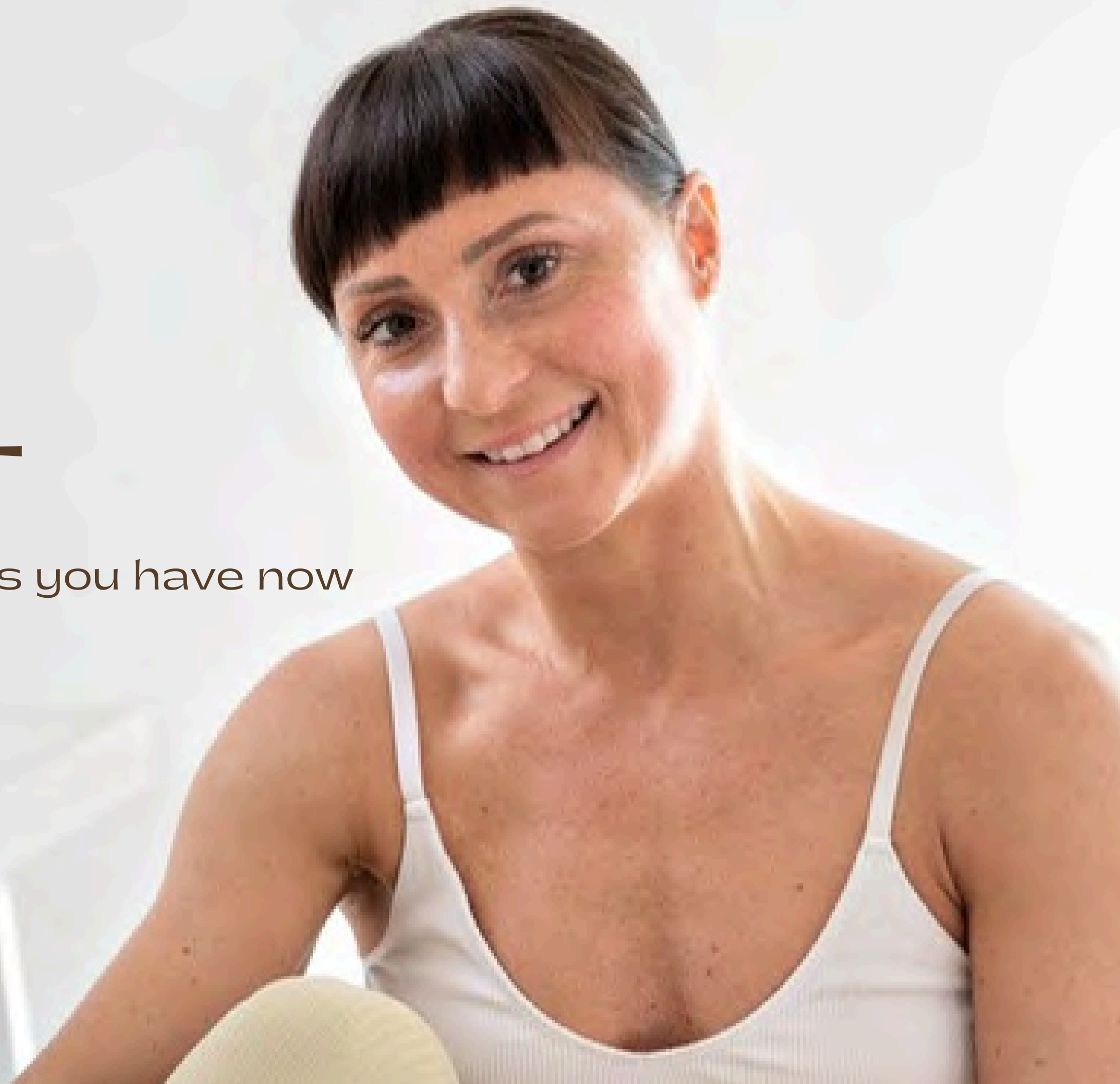


MENOFIT

train your body for the hormones you have now

By Andrea Solomun

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TRAIN SMART

A 12-week small-group programme for peri- and postmenopausal women who want to feel strong, energetic, and capable again.

PROGRAMME INCLUDES:

- Weekly 45-minute live ZOOM sessions – the education + implementation
- Small groups for an individual approach
- Structured strength, conditioning, and mobility programming
- Clear weekly training schedule (gym or home adaptable)
- 101-recipe performance-focused cookbook
- 3 modules with a focus on nutrition, training/movement, and recovery:
 - Module 1 (Weeks 1-4) Nutrition & Metabolic Reset
 - Module 2 (Weeks 5-8) Strength, Performance & Metabolic Rebuild
 - Module 3 (Weeks 9-12) Recovery, Stress & Hormonal Balance
- Professional guidance + small-group support and accountability



Focused on how you feel and function



Performance- and health-driven

MENOFIT

Science- based strategies



Built for long-term resilience and fat loss



THE REAL PROBLEM

Understanding Changes During Peri- and Postmenopause

During peri- and postmenopause, several key changes occur in the body:

- **Estrogen and progesterone levels** fluctuate and decline.
- **Muscle protein** synthesis becomes less responsive.
- **Bone** turnover rates increase.
- **Nervous system** stress tolerance decreases.
- **Carbohydrate** handling, **insulin** sensitivity, and **recovery** change.
- **Strategies that worked at 30 no longer yield results.**

Many programmes fail because they do not adjust their strategies in response to these bodily changes. They often overlook the physiological shifts brought on by menopause and tend to emphasise effort rather than necessary adaptation.





WHY “PUSH HARDER” BACKFIRES

Common Recommendations:

- Train more
- Eat less
- Increase cardio
- Push through fatigue

Actual Consequences:

- Muscle and bone loss
- Elevated risk of injury
- Poor sleep and chronic stress
- Higher cortisol levels and reduced resilience
- Burnout and frustration

Menopause isn't a discipline problem. It's not the moment to push yourself harder. It is a signal to change the approach. To train smarter.

MENOFIT IS BUILT ON A SIMPLE TRUTH

This phase requires different training, fuel, and recovery signals. It asks for smarter inputs, not more effort.

**We don't fight hormonal change.
We adapt to it.**



That entails:

- Modifying training intensity and recovery periods
- Providing the right nutrition for optimal performance and restful sleep
- Safeguarding muscle, bone, and metabolic health
- Nurturing the nervous system without causing it strain.



WHAT MENOFIT ACTUALLY SOLVES

MenoFIT helps women:

- Rebuild strength and muscle signal
- Burn fat
- Preserve bone density and metabolic health
- Improve energy and training response
- Sleep better and recover faster
- Feel confident training again
- Trust their bodies instead of fighting them

Not by doing less, but by doing “what actually works now.”



MENOFIT BUILDS:

Strength – Capacity – Stability – Confidence



MenoFIT is for women:

- Aged approx. 35-55
- In peri- or postmenopause
- Already active or previously active
- Feeling that their body no longer responds the same
- Tired of guessing, dieting, and second-guessing themselves

This program is flexible and can be done either in the gym or at home, depending on your preference.

MENOFIT ISN'T A RESET. IT'S A RECALIBRATION.





SECURE YOUR SPOT TODAY

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The menofIT program is held online, allowing participants the flexibility to complete all trainings either at home or at the gym. All participants can take advantage of the Open Gym option at Andrea's Room Boutique Gym, which comes with exclusive benefits and a discounted rate.

Further details about the terms and activation will be provided upon enrollment in the program.