



Meno-Belly Action Plan

Reclaim your balance, energy, and confidence — one week at a time.

Reset Cortisol & Calm Stress

- ☐ Practice 10 minutes of deep breathing or meditation daily.
- ☐ Try a gentle yoga or stretching routine 3x per week.
- ☐ Go outdoors for natural light and movement each morning.
- ☐ Write down one thing that went right each evening.
- ☐ Aim for 7–8 hours of restful sleep.

Nourish Wisely (Don't Starve, Support!)

- ☐ Choose whole foods over processed — aim for colourful vegetables at every meal.
- ☐ Include healthy fats (avocado, olive oil, nuts).
- ☐ Pair every carb with protein or fibre to stabilise blood sugar.
- ☐ Stay hydrated — 6–8 glasses of water or herbal tea daily.
- ☐ Plan one mindful 'sweet treat with benefits' each week.

Move to Build Muscle (and Mood!)

- ☐ Add two strength sessions per week (body-weight or light weights).
- ☐ Include 20–30 minutes of moderate cardio 3–5 days a week.
- ☐ Take the stairs or walk after meals to boost metabolism.
- ☐ Stretch before bed to ease tension and improve sleep quality.

Support Hormone Balance

- ☐ Apply Youfemism Hormone-Balancing Cream daily (inner arms or thighs).
- ☐ Track your symptoms weekly — sleep, energy, cravings, mood.
- ☐ Revisit the Youfemism Knowledge Hub for weight & hormone insights.
- ☐ Celebrate small wins! Less bloating, better mood, or deeper sleep counts

Weekly Reflection

- ☐ What improved most this week? _____
- ☐ One thing I'll keep doing next week: _____
- ☐ One thing I'll do differently: _____