

MIDLIFE FITNESS

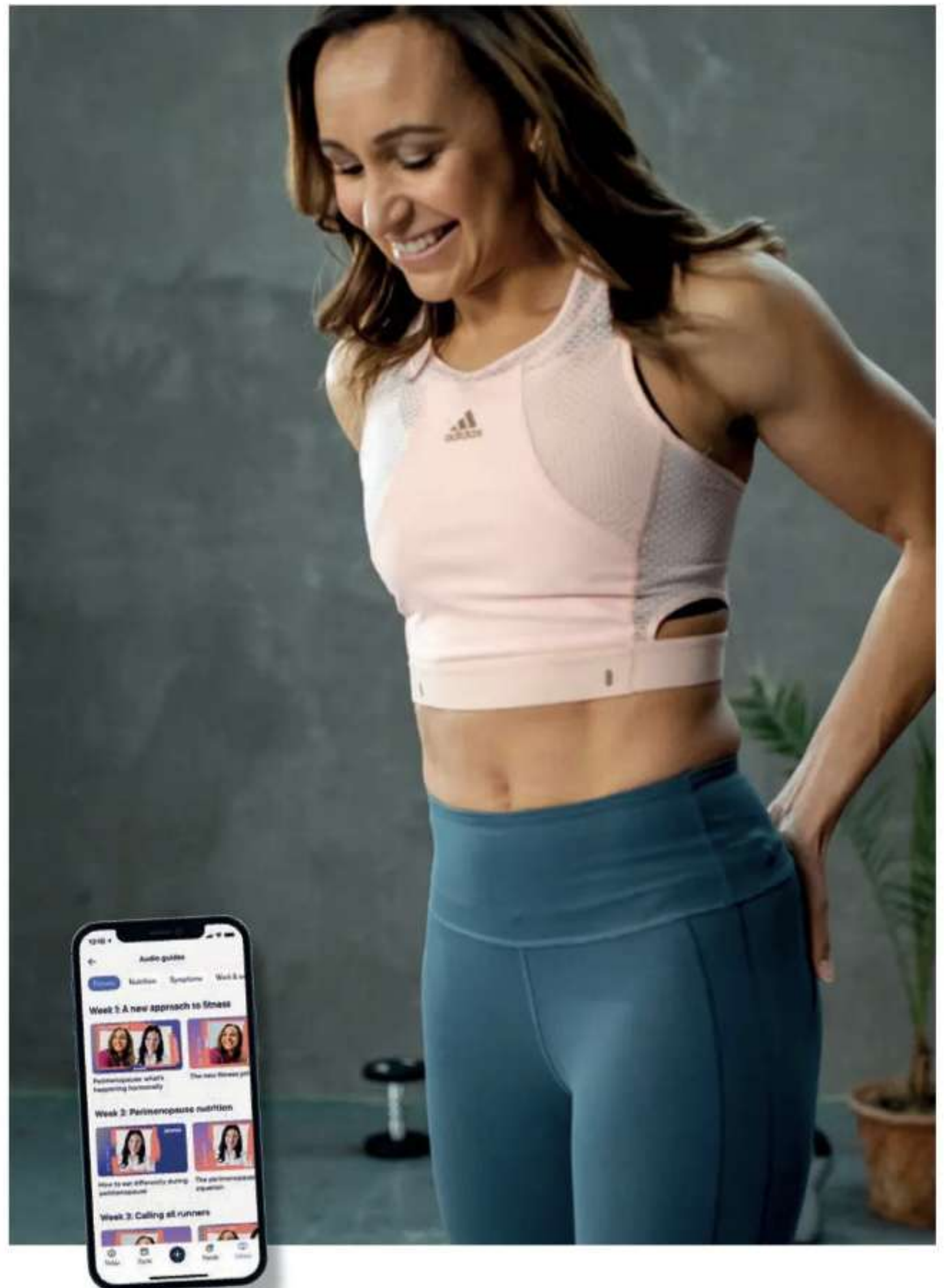
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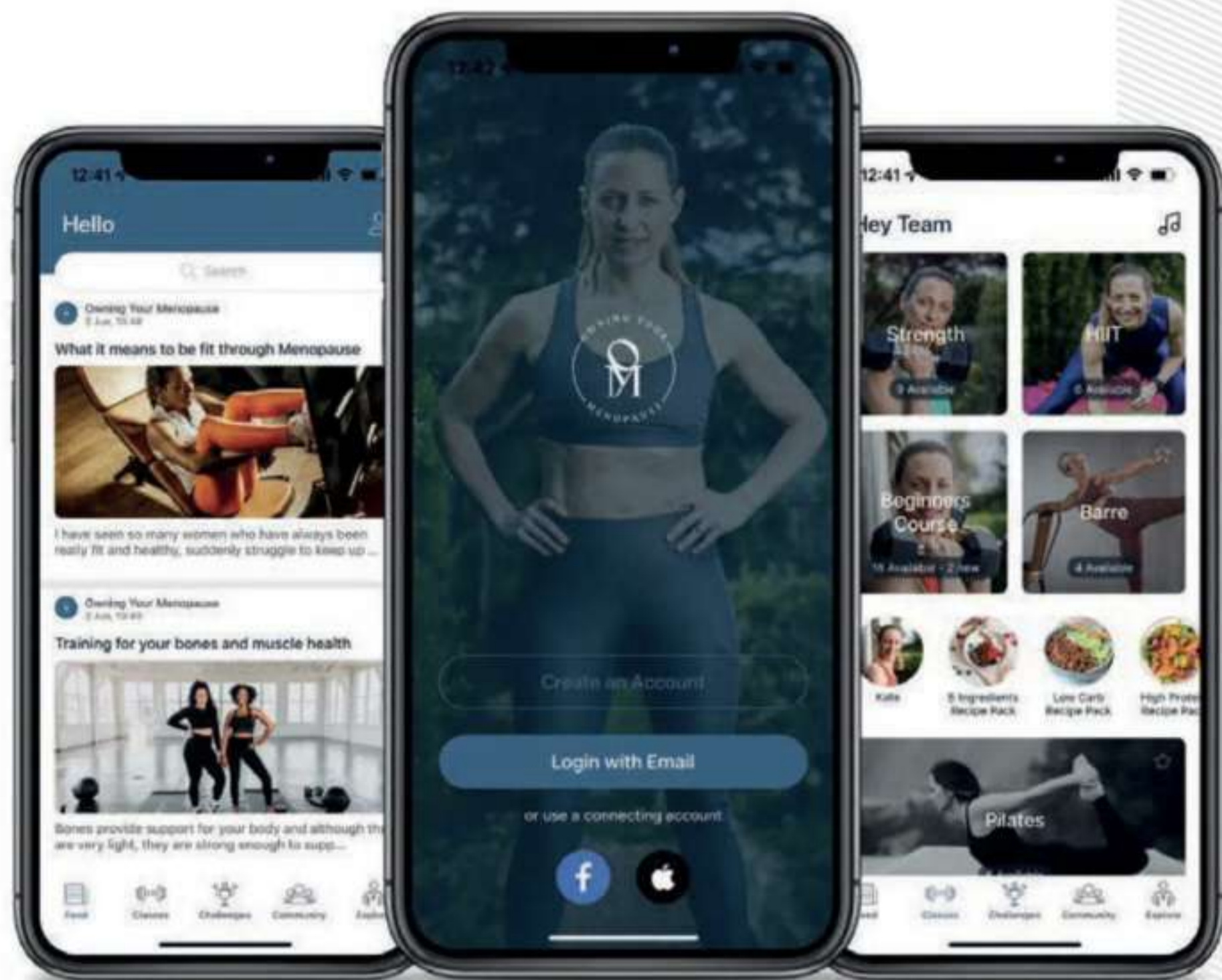
The 40+ fitness market is burgeoning! We've rounded up the best apps and online offerings designed to help perimenopausal women thrive through midlife and beyond



JENNIS PERIMENOPAUSE**Where to find it** jennis.com**Price** £5.99 per month

What you get Jessica Ennis-Hill's hormone health intelligence platform, Jennis, has extended its services to support women in perimenopause. The new perimenopause in-app programme helps users better understand and manage their symptoms (which can last up to 10 years) through individually tailored, easy-to-action advice that has been proven to improve how they feel mentally and perform physically. The Jennis Hormone AI model considers the impact of fluctuating hormonal changes that occur during perimenopause, then provides personalised insights, coaching and movement tips to help women navigate this stage in life. Decreasing oestrogen levels usually lead to increased fat storage and a decline in muscle mass, so the specially designed fitness programmes help women focus on strength training to build muscle, rev up the metabolism and change body composition. Other features include 'symptom support sessions', so users can manage hot flashes, low mood and anxiety with yoga, breathwork and daily movement advice, alongside five- to 10-minute micro-casts with the in-house team of physiologists, nutritionists, strength coaches and hormone doctors.





OWNING YOUR MENOPAUSE

Where to find it owningyourmenopause.com

Price £16.99 per month

What you get Menopause fitness coach Kate Rowe-Ham has launched an app aimed at supporting menopausal women to get fit, empowered and strong. Inspired by Kate's own battles, experiences and symptoms of



menopause – and her recognition of the lack of support and education for women in this demographic – the app gives women the tools they need to thrive through midlife, providing a safe, non-judgemental community of like-minded women learning to thrive through menopause holistically, along with effective and efficient live and on-demand workouts to reshape

what fitness means to women going into this life stage. Based around five key pillars to help you feel strong in body and mind: movement, nutrition, community, mindfulness and support, Own Your Menopause (OYM) members benefit from live sessions covering strength, HIIT, Pilates, Yoga, Breathwork and Mindfulness seven days a week, 365 days a year (also on demand), plus a four-week beginners guide to lifting weight, a daily text offering support and motivation, community chats, accountability check-ins, monthly sleep clinics and live Q&As and menopause GP-led webinars.

To enjoy 40 per cent off annual OYM membership, usually £160, create an account on the website first, then download the app and enter the code **WOMENSFITNESS40**. Valid till December 23, 2023.

BREAKING BALLET

Where to find it breakingballet.com

Price £24.99 per month

What you get Lawyer-turned-ballet teacher Sarah Aspinall is on a mission to dispel the myth that ballet is only for people of a certain age with her uplifting ballet-based workouts created specifically for women in midlife. Designed to help busy women sculpt toned, strong bodies at home without equipment, each workout fuses the best ballet-inspired movements with bodyweight, cardio and stretching, to help you develop self-awareness, strength, grace, longevity



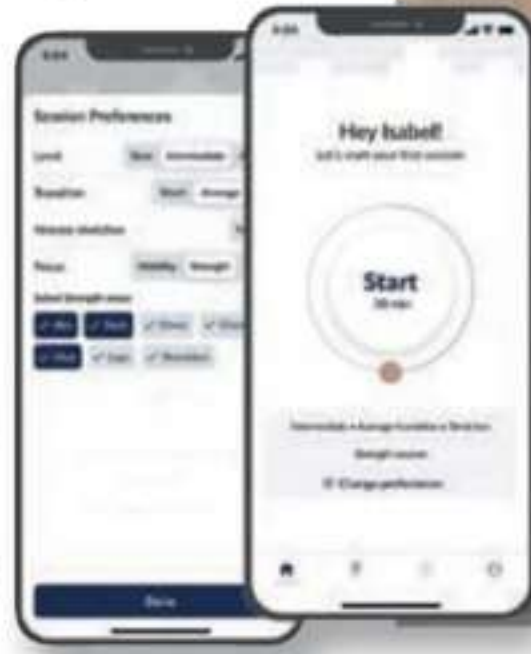
and confidence. In joining the holistic BBackstage membership platform, you'll receive daily 15- to 20-minute workouts, a monthly challenge to boost motivation, an

easy-to-follow meal plan, educational training and access to a supportive community of other women around the world to futureproof your body and wellbeing. Everything is carefully crafted to break down any mindset, time, ability or age barriers you might have, while leaving you feeling empowered, energised and open to the changes happening to your body, mind and hormones. Best of all, you don't need any dance or ballet experience.



PILATES ON TAP**Where to find it** pilatesontap.co.uk**Price** £10 per month

What you get TV actress and former *Strictly Come Dancing* contestant Sarah Manners took up Pilates and later qualified as an instructor after suffering with back, shoulder, neck and hip pain. Now, she has revolutionised the online Pilates experience by creating a platform that lets you customise almost every element of your class by seamlessly threading together lots of short videos based on the goals of the individual user. With a limitless number of class combinations, you'll never do the same workout twice (unless you choose to save some of your favourite bespoke workouts), and an algorithm will progress you on a sliding scale of difficulty or take things down a notch if you say a class was too much. Sarah notes that Pilates can help to alleviate many



unpleasant side effects of peri/menopause, from reducing joint pain and inflammation caused by reducing levels of natural anti-inflammatory oestrogen, to

providing a gentler, low-impact form of weight-bearing exercise that can reduce the release of stress hormone cortisol, known to trigger hot flashes.

**CAROLINE'S CIRCUITS****Where to find it** carolinescircuits.com**Price** £35 per month

What you get Instagram sensation Caroline's Circuits (@carolinescircuits) is an online strength and fitness platform designed especially for women over 40 experiencing symptoms of perimenopause, menopause and post menopause. Founded by Caroline Ildiens, a 'strength in midlife' expert and qualified PT of more than 20 years, the platform runs four live 30-minute classes each week on a Monday (full-body), Tuesday (upper-body), Wednesday (lower-body) and Friday (HIIT with strength training), with recordings made available immediately afterwards. Suitable for all fitness levels and ages, members can train with or without resistance equipment to increase bone density and muscle mass, aid weight management, boost mood and reduce the risk of heart disease and diabetes. To make her workouts even more accessible, Caroline has recently launched the In Ten Series, 10-minute strength training sessions that can be done alone or stacked together, to help those who are time poor and struggling with motivation. Use the code picknmix20 for a 20 per cent discount on your membership to the main platform and the In Ten Series.

THE FEMALE CURVE

Where to find it

thefemalecurve.com

Price £200 per month

What you get In response to community demand, women's fitness and nutrition platform The Female Curve has launched a new perimenopause programme to help women entering this life stage better manage their symptoms, rebalance hormones and achieve life-changing health and fitness results. The programme takes a personalised approach using cutting-edge scientific research – applied in a nurturing and easy-to-follow way – and requires a minimum 12-week commitment. Services include 1-1 online coaching from The Curve's team of highly qualified fitness and nutrition experts, and a personalised plan tailored to the user's unique needs and goals. Several lifestyle changes are then initiated to offset



the effects of the hormonal changes, including a resistance training plan to decrease muscle deterioration and improve bone density, and a specific diet to support that. You also receive guidance on improving sleep

hygiene and quality, advice on macronutrient tracking and supplements, and ongoing support from your coach, including weekly check-in calls, to help monitor your progress and help you stay on track.

IT'S SO SIMPLE

Where to find it

itssosimple.co.uk

Price From £90 per week

What you get It's So Simple is the brainchild of 44-year-old Rachael Sacerdoti, a qualified PT and wellness coach who developed osteopenia in one hip from low bone density in her 20s due to forced early menopause. Following her own body transformation where she lost 30kg and gained a great bone density percentage, Rachel created her popular 12-week programme (minimum sign-up is for 12 weeks), which focuses on a combination of mindset, the right exercise and well-thought-out nutrition for long-lasting, habit-changing results to reverse the signs of menopausal weight gain and muscle loss.



THE TRAINING CLUB**Where to find it**

meerasmadefromscratch.co.uk/events/the-training-club/

Price £45 per month

What you get Menopause expert and fitness instructor Meera Bhogal created The Training Club after a perimenopause-related injury forced her to swap her beloved running for resistance training and Ashtanga yoga - with life-changing results. Membership provides access to 11 live exercise sessions held on Zoom each week, including resistance training, HIIT, core work and yoga, with recordings made available afterwards. Meera also runs regular wellness retreats and motivational events, and her website features a host of nutritionally analysed tasty recipes you can build into a healthy meal plan.

**SILVER SESSIONS**

Where to find it truconnect.fit

Price £99.99 a year

What you get Fitness industry legend Dean Hodgkin has teamed up with global wellness community app TRUCONNECT to create a series of workouts called Silver Sessions that can shave years off your age. Featuring a broad range of fitness disciplines, from yoga and cardio to circuit training, strength training and more, the bespoke workouts provide a balanced mix to help improve strength, flexibility, balance and self-esteem. At 58, Dean notes that it's never too late for anyone to embark on a new exercise regime to enjoy a lower risk of heart disease, stroke, diabetes and falls. 🏋️

