



WELLNESS HANDBOOK

*The 5-part framework to help you protect & build
your next chapter.*

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Personal Trainer

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Hi, I'm Edwina. I'm a personal trainer who specialises in helping midlife women take charge of their health through strength training during perimenopause and beyond.

After running my own PT studio, Strengthworx, and leading countless online programs, I've seen first-hand how transformative strength training can be. It's not just about reshaping the body, it's about steadying the mind, regaining energy, and rebuilding confidence when it matters most.

I've worked with women who started from scratch at home, learned how to lift weights, and ended up stronger, leaner, and more resilient than they ever thought possible. They dropped excess weight, eased daily aches, and discovered a steadier confidence that carried into every part of their lives.

My goal is to redefine what healthy ageing looks like. Simply because when you feel strong in your body and calm in your mind, you don't just live longer, you live better.

Your friend and coach,

Edwina Jenner
Personal Trainer

INTRODUCTION

Being a midlife woman isn't easy. We're juggling so much more than we ever expected: work, family, ageing parents, grown children still finding their feet, relationships that have evolved or ended, and a body that doesn't always feel like our own.

We are often last on the list.

But if we keep putting ourselves last, the cost isn't just tiredness or a few extra kilos. It's lost strength, declining bone density, and independence quietly slipping away over time. That's loss aversion in real life.

Not dramatic, not immediate, but happening in the background until something forces your attention, physically or emotionally.

This eBook isn't about perfection or ticking boxes. It's about bringing awareness to areas that will help you to create a framework that supports your real life: stress management, sleeping better, fuelling your body well, building strength, and reconnecting with what lights you up.

Each section is designed to help you reflect and self-qualify, to see clearly where you are right now and what genuinely needs your attention first.

You don't need to overhaul everything at once.

Choose the one area that's having the most negative impact on your life right now, and make a few small, realistic changes there.

THE FACTS

As women age, we lose muscle mass and bone density every year.

In fact, from our mid-thirties, we lose around 8–10% of our muscle mass per decade, and this decline accelerates during perimenopause due to hormonal changes.

The reason this matters is two-fold:

1. Muscle is our metabolic currency. The more lean muscle we have, the better our metabolic health. With better metabolic health, we use energy more efficiently, which helps regulate body weight and reduces the likelihood of storing excess fat.
2. Muscle plays a vital role in maintaining bone health, placing healthy stress on the skeleton to keep it strong. One in two women over the age of 50 will experience an osteoporotic fracture. Maintaining strength helps reduce the risk of falls, fractures, and osteoporosis.

As oestrogen declines, the body becomes more prone to storing fat centrally, particularly around the abdomen. This shift increases visceral fat, which is linked to higher levels of inflammation and increased metabolic health risks.

Visceral fat is metabolically active and should be a priority for midlife women to address. It's linked to increased inflammation, hormonal disruption, insulin resistance, and a higher risk of conditions such as type 2 diabetes, heart disease, and certain cancers.

However, this is not a fixed outcome. There are key things within your control that can change the trajectory of your health, starting now.

Stress Management

Stress management is Queen

If we cannot emotionally regulate ourselves, we are draining ourselves before we've even started.

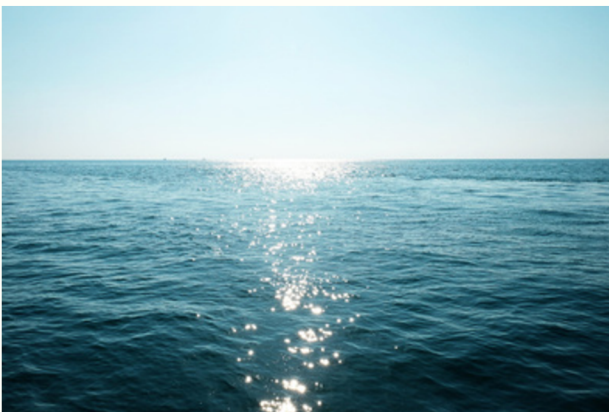
Here are some key tools I want to share with you that have helped me through some of the most stressful times of my life.

Stress Management

DAILY MEDITATION

I am the first to admit that I was very sceptical about meditation. My mind raced at all times, and the thought that sitting quietly for 10 minutes a day could possibly improve my life seemed ridiculous. When I first started meditation my life was a mess, to put in bluntly. I was fresh out of an 18-year marriage, navigating life on my own and feeling completely inadequate as a parent.

Physically, I was strong. Mentally, I was shattered. In some respects, feeling this low is what led me to try meditation in the first place. Surely, there was only one way I could go, right?



So I made a commitment to myself of 20 minutes a day for one week. If nothing changed, then so be it. I had lost nothing.

While meditation isn't a cure-all, within that first week I noticed a significant difference. It actually did provide some much needed mental space in my head. Enough to see me continue with the practice regularly. I was curious to see where it would take me. Today, I would not be without it.

I am not perfect, and some weeks are better than others, but I am a lot less reactive, and those precious 20 minutes a day are like a sanctuary for me now. Difficult decisions are easier, and I don't suffer from paralysis by analysis. It is like having a break from the constant mental chatter, which I'm sure we could all do with.

Stress Management

DAILY MEDITATION - APPS

I now use the Insight Timer app. However, there are many apps to try, and most offer a 7-day free trial. There are various ways to meditate, from sound bath healing to visualisation to breath awareness and mantras. Times vary from 5 mins to over an hour.

This app gives you the chance to see what resonates with you.

TOP TIP - HOW TO GET STARTED

Start with 10 mins a day for 5 days. You have nothing to lose and the possibility of so much to gain.





Stress Management

JOURNALING

Keeping a journal is a simple way to manage stress and anxiety, while helping you notice patterns and triggers you may have missed.

We can't write as fast as we think, so the process slows the mind and helps organise it.

I break journaling down into the three C's when I explain its benefits:

CLARITY: Get clear on what's actually going on in your mind, not the stories, but the reality. Instead of being led by emotion, you begin to see situations with more perspective and logic. Over time, this helps you recognise your triggers and become less reactive.

CATHARTIC: Putting pen to paper helps you release the emotional load you're carrying, leaving you feeling lighter and more in tune with your needs.

COMMUNICATION: Writing helps you shape, process, and articulate your thoughts, which builds self-awareness and insight into what activates you. When stressful situations arise, and they will, journaling creates space between stimulus and response, allowing you to pause and reflect rather than react.

Used consistently, this simple and completely free tool becomes a powerful practice for cultivating a calmer, more grounded mind.

Stress Management JOURNAL PROMPTS

TOP TIP - HOW TO GET STARTED

Set aside ten quiet minutes and let yourself write without overthinking it.

No need to worry about grammar or punctuation, just keep the pen moving and see what comes up.

What's interesting is that where you begin is rarely where you end.

The things that help me the most right now are...
What can I do in this moment to bring more peace into my being?
What past challenge has turned out to serve me? What was the silver lining? How might my current situation serve me?
What are some accomplishments and victories of today?
Ask yourself questions about your worries, as if you are talking to a friend
If you could choose any place or scenario (real or imaginary) to place yourself in right now for your comfort and relaxation, where would it be? Describe it in as much detail as possible
Write about all the places that you can currently feel tension in your body. Write about all the areas that feel relaxed.
How do I usually handle stress? Are these methods working? What could I do instead to better manage this situation?
What do I need to feel safe, held and supportive during this challenging time?
How would I feel if I believed I was capable of getting through this time? In what way would that change my course of action?
What fears am I holding onto that are no longer serving me? How can I release these?

Stress Management THERAPY

Speaking to someone trained but neutral in your life can be incredibly valuable. It gives you a space to be heard without judgement, and often helps you see patterns or behaviours that are difficult to recognise on your own.

Many women spend years holding things together for everyone else, without ever fully processing what they're carrying. Having that space to talk can help you feel seen, understood, and clearer on what's actually keeping you stuck.

It also allows you to step outside your own perspective. When everything stays in your head, it can become tangled and overwhelming. Talking things through with someone objective brings structure, perspective, and often a sense of relief that you didn't realise you needed.

I speak from experience here. I've been in and out of therapy over the years, and I still return to it when I need to. Sometimes I'll book a short block of sessions, just six, to work through something that's keeping me stuck or creating anxiety. Having a professional help me untangle what's going on brings clarity much faster than trying to carry it on my own.

That awareness alone is often enough to help you move forward with more confidence and make decisions that better support you.

If this is something you feel you need, speaking to your GP or seeking private therapy can give you access to the right support. Friends and family care deeply, but they're not always equipped to hold that space in the same way a trained professional can.

Stress Management THERAPY

TOP TIP - HOW TO GET STARTED

Think of therapy as mental health maintenance. You wouldn't ignore a physical injury and expect it to sort itself out. You'd get it looked at, give it time, protect it while it heals.

Your mind deserves the same care. Living with constant self-criticism, overthinking, or a hair-trigger reaction to everything around you isn't something you have to just push through.

Just because it isn't visible doesn't make it any less real. Mental health gets talked about a lot nowadays, but if you keep finding yourself in the same patterns, reacting in the same ways, and ending up in the same place, it's worth pausing and asking why.

As Einstein famously put it, doing the same thing over and over and expecting a different result is a kind of madness.

Not from a place of judgement, but from a place of responsibility to yourself and the people around you.

Therapy doesn't have to be a lifelong commitment.

Sometimes four to six sessions are enough to shift things, to help you understand where your thoughts and feelings are coming from, and to give you a different way of responding.

SLEEP HYGIENE

REST & REPAIR

As we age, sleep disturbances become more common for a range of reasons, including menopausal hormone fluctuations, stress and anxiety, aches and pains, alcohol consumption, eating late, medications, late-night screen exposure, and inconsistent bedtime routines, to name just a few. Poor sleep affects us far beyond simply feeling tired:

Sleep deprivation increases ghrelin (our hunger hormone) and lowers leptin (our appetite-suppressing hormone). This means that when we are tired, we are far more likely to eat more, as these signals become dysregulated.

Sleep also plays a crucial role in the body's ability to regulate blood pressure and maintain overall cardiovascular health. When sleep is compromised, so is our capacity to cope with the demands of daily life.



SLEEP HYGIENE

REST & REPAIR

TOP TIP - HOW TO GET STARTED

CHOOSE JUST ONE TO SUPPORT BETTER SLEEP

- *Choose breathable fabrics like cotton for sleepwear and bedding to help regulate body temperature and improve comfort.*
- *Keep your bedroom cool, as a lower temperature supports deeper, more restorative sleep.*
- *If you share a bed, consider split duvets (as used in Scandinavian countries) to reduce disturbances and improve sleep quality.*
- *Make your bedroom a no-phone zone. Use a simple alarm clock to remove the temptation of late-night scrolling and morning distractions.*
- *If you do use your phone in the evening, consider blue-light blocking glasses to reduce disruption to your sleep signals.*
- *Avoid eating late at night. Closing the kitchen after dinner can act as a clear boundary and reduce mindless snacking.*
- *Aim to go to bed and wake up at roughly the same time each day. Getting natural light into your eyes early in the morning, ideally before looking at a screen, helps regulate your circadian rhythm.*

STRENGTH

BUILD A STRONG BODY

If you keep doing nothing, you're not just standing still, you're gradually losing muscle, strength, and independence.

From our 30s onwards, women naturally lose up to 1% of muscle each year.

By our 40s and 50s, that loss accelerates with the arrival of perimenopause, and suddenly it's not just about how our body looks, it's about how it functions.

Muscle isn't a luxury. It's your metabolic currency and one of your strongest defences against ageing well. Without it, everything slows: metabolism, energy, stability, and recovery.

That's why strength training isn't a one-off fix. It's something you return to, week after week. Progress comes from consistency, not constantly changing what you're doing.

Regular strength training does more than build lean muscle and give you shape. It supports your metabolism, protects bone density, and strengthens your joints.

Learning to squat, lunge, and deadlift is about protecting your spine, stabilising your hips, and building a body that stays capable twenty years from now.



Edwina Jenner
Personal Trainer

STRENGTH

BUILD A STRONG BODY

TOP TIP - HOW TO GET STARTED

Keep it simple and reduce the friction.

Block 2 x workouts into your diary like you would an appointment.

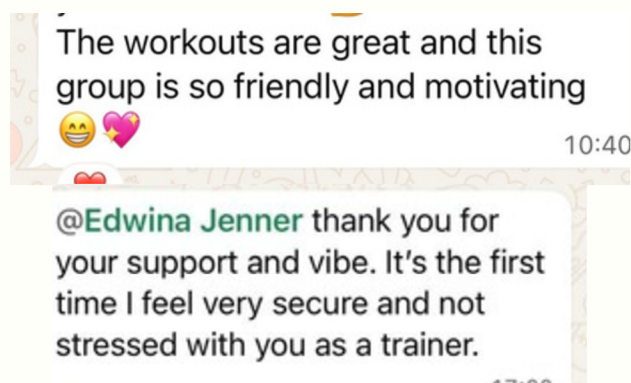
Lay your workout clothes out.

Keep your mat and dumbbells visible.

Start with 10 minutes, or try one of the free beginner sessions on my website. I will link them at the end.

Many of my members who now train regularly had their day 1 that way.

Inside the membership, you'll also have weekday access to me in the WhatsApp group. That layer of accountability, alongside a group of women navigating the same pressures, is often the difference between stopping and sticking with regular training sessions.



SUSTENANCE

NUTRITION

Nutrition has always been an important topic for women. When you add menopause and an ageing body to the mix, it can feel overwhelming. But there is a clear, effective way of eating that can support your hormones and help you maintain a healthy weight.

A diet rich in anti-inflammatory foods can help to counter stress in the body during perimenopause and menopause. This is best reflected in a whole-food Mediterranean-style approach, which is naturally anti-inflammatory.

A variety of vegetables, legumes, pulses, and fruit, alongside a consistent focus on protein and fibre, will help keep you full, stabilise blood sugar, and support gut health.

Eating this way can support both weight loss and long-term weight maintenance without leaving you hungry or low on energy. There is also room for something sweet and the occasional glass of wine. This approach is about adding more of what your body needs, not removing everything you enjoy.

SUSTENANCE

PROTEIN AND FIBRE

Aiming for around 100 grams of protein per day is a helpful target for many women.

A general guideline is:

1.2 to 1.5 grams of protein per kilogram of body weight.

For example, if you weigh 70 kg, this equates to approximately 84 to 105 grams of protein per day. This range supports muscle maintenance, which becomes increasingly important during midlife.

Research consistently shows that higher protein intake helps preserve muscle mass and supports metabolic health as we age. Aiming towards the higher end of this range can be particularly beneficial for maintaining strength and supporting weight management.

If this feels like a big shift, break it down across your meals. It may feel unfamiliar at first, but once you begin prioritising protein, it quickly becomes second nature.

Many women notice improvements in energy and a reduction in sugar cravings within days.

SUSTENANCE

A WEEKLY SHOP...

Here is a breakdown of foods I include in my weekly shop to ensure I'm getting adequate protein, fibre, complex carbohydrates, and healthy fats, while supporting energy and hormonal health.

PROTEIN: Chicken, salmon, white fish, eggs, prawns, sardines, tinned salmon and tuna, tofu.

Batch cooking helps reduce reliance on ultra-processed, high-carb foods that are often the easiest option.

I also keep pre-cooked options like chicken, prawns, and salmon on hand. Protein is always my first choice when building a meal, so having it readily available makes consistency much easier. This is a key reason I've been able to maintain my weight over time.

FIBRE: Most vegetables contain a good amount of fibre, so aim for variety to support gut health.

Traybaking large batches of vegetables ensures you always have a base for quick, balanced meals.

SUSTENANCE

A WEEKLY SHOP...

COMPLEX CARBOHYDRATES: Dark rye bread, oats, quinoa, buckwheat, amaranth, millet, beans, lentils, whole wheat pasta, brown or wild rice, sweet potatoes.

Many of these also contribute to your protein intake, particularly if you follow a vegetarian diet. Quinoa is a complete protein source.

FATS: Greek yoghurt, goat's cheese, avocado, flaxseeds, hummus, nut butters, olive oil, extra virgin olive oil

SWEETNESS: Dark chocolate, honey

This list is not exhaustive, but a practical reference point. Many foods sit across multiple categories. The key principle is to eat foods as close to their natural state as possible.

The more processed a food is, the more likely it is to disrupt appetite regulation, blood sugar, and overall metabolic health.

SUSTENANCE

A WEEKLY SHOP...

TOP TIP - HOW TO GET STARTED

Step 1: Protein first (3-day experiment)

Aim for around 25-30g of protein at each meal for the next three days. Don't overthink it. Use the foods you've already bought and just build your meals around a clear protein source. Pay attention to what changes. Energy, hunger, cravings, focus.

Most women don't realise how little protein they're eating until they do this. This is where the awareness starts.

Step 2: Add fibre, don't restrict

Once protein feels more natural, shift your focus to fibre. Not perfection. Just add one high-fibre food to each meal. Vegetables, berries, oats, beans, seeds.

This isn't about cutting things out. It's about building meals that actually satisfy you and support your digestion, blood sugar, and overall health.

Step 3: Water

So often we eat when actually we are dehydrated.

Try to drink 1.5-2L of water a day

Buy an attractive water bottle for your desk

Add a splash of sugar free cordial for some flavour

Keep a large glass next to the sink. Drink a glass every time you go past

SOUL

THE ROAD AHEAD

This is the part that lights you up and brings you joy.

When you have a strong body and a clear mind, and a framework to support both, you create space for more than just getting through the day. You create space for joy, laughter, and the things you actually want to do.

It's about creating memories, travelling, meeting new people, and having adventures with the people you love. You're no longer restricted by a body that says no, whether that's climbing stairs, going on a hike, or feeling controlled by rigid food rules.

You know how to move, you know how to eat, and you trust your body.

In many ways, this framework can feel like restriction at first.
But it's that structure that gives you freedom.

The reality is, the years from 50 to 80 will look very different from 20 to 50.

We have to start making intentional decisions now that give us choice and autonomy in that next chapter, rather than being dictated by our health.

This isn't about being negative. It's about being honest. If we don't start actively making choices that support and protect our body, we risk limiting the life we're able to live.

You have one body.

Looking after it now gives you far more say in how you live the years ahead.

NOW, IT'S OVER TO YOU...

You've taken the first step by reading this, now it's time to put it into action.

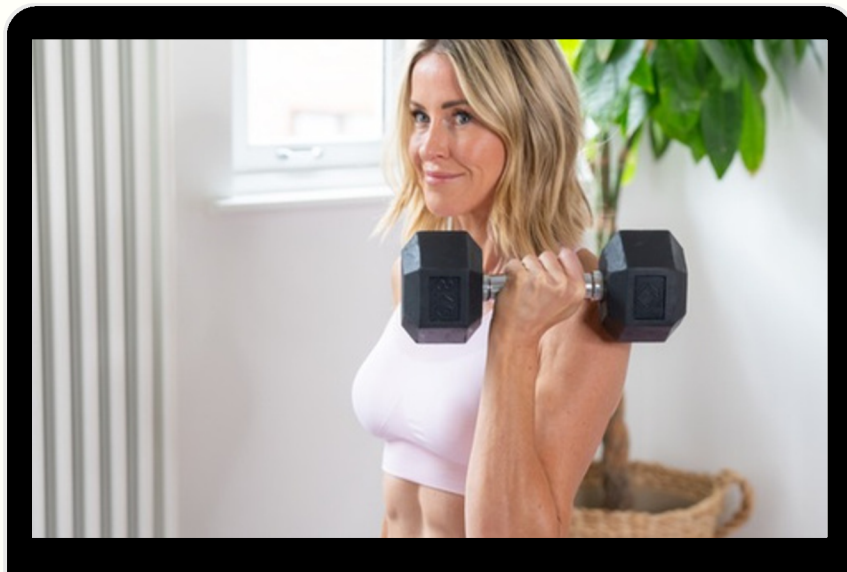
Start with one of the free beginner workouts on my website.

They're short, simple, and designed to help you build confidence from day one.

Once you've done a few sessions and feel ready for more structure, my Monthly Membership is where women like you build real strength and consistency.

For now, click below to get your free sessions.

[GET YOUR FREE WORKOUTS HERE](#)



Edwina Jenner
Personal Trainer



Ageing is inevitable.
How you age is not.

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