



Unified Fitness, NPB
Your Health and Wellness Partner

Issue: May 2026
Metabolism Doesn't "Break" It Changes

CHRONIC CARE CHRONICLES

Reset your Metabolism

Metabolism Doesn't "break" in Menopause: (What actually changes)

It's a common frustration: you haven't changed your diet or exercise, yet the scale is creeping up. It feels like your metabolism has simply "shut down". But experts from the University of Chicago Medicine and Mayo Clinic explain that your metabolism isn't broken—it's reorganizing. While your basal metabolic rate (BMR) does naturally slow with age, the changes in menopause are more about efficiency and distribution than a total "breakdown".

What's Actually Changing?

- **The Muscle Drain:** As estrogen declines, women lose muscle mass more quickly—a process called sarcopenia. Since muscle burns three times more calories than fat even at rest, losing it directly lowers your daily calorie burn.
- **Insulin Resistance:** Lower estrogen makes your cells less sensitive to insulin. This means your body is more likely to store blood sugar as fat rather than burning it for fuel.
- **The Fat Migration:** Estrogen used to tell your body to store fat in your hips and thighs. Without it, your body "reallocates" fat to the abdominal area, specifically as visceral fat around your organs.
- **Sleep and Stress Hooks:** Menopause-related sleep disruptions spike cortisol and ghrelin (the hunger hormone), making you hungrier and more prone to storing belly fat.



The Movement Prescription:

The Role of Exercise for Menopause

Menopause changes your body's "operating system," meaning long cardio sessions are no longer enough. To counter declining estrogen and a slowing metabolism, your movement prescription must shift toward protecting muscle and bone.

Your Menopause Training Strategy:

- **Prioritize Resistance Training:** Lifting heavy weights is the best way to "re-ignite" your metabolic engine and maintain bone density.
- **Use Sprint Intervals (SIT):** Short bursts of high intensity improve insulin sensitivity more effectively than steady-state cardio.
- **Focus on Mobility:** Functional movement and yoga lubricate joints and reduce the systemic inflammation often triggered by hormonal shifts.
- **Balance Intensity with Recovery:** Avoid overtraining to keep cortisol low and prevent the hormonal signal that tells your body to store belly fat.

Would you like a **three-day sample plan** to help you start lifting heavy at home? Text 'PLAN'.

Call or email today to start your journey to better health!

Disclaimer: This information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or medical health provider with any questions you may have regarding a medical condition or mental health concerns.



www.ufitnpb.com



302-528-5021



Ufitnpb@yahoo.com



Unified Fitness, NPB
Your Health and Wellness Partner

CHRONIC CARE CHRONICLES

Reset Reset your Metabolism

The New Strategy:

Actionable Tips You Can Use Today

Your body has a new set of rules, so your old strategy needs an upgrade. Instead of "eating less and doing more," experts from Hinge Health recommend:

- **Prioritize Protein:** Essential for defending muscle mass and maintaining fullness.
- **Lift Heavy:** Resistance training is the most effective way to re-ignite your metabolic engine.
- **Manage Stress:** Lowering cortisol stops the signal that tells your body to store visceral fat.
- **Modernized HRT:** Utilizing low-dose, transdermal estrogen and micronized progesterone for lower risk and higher safety.
- **Non-Hormonal Prescription Drugs:** New FDA-approved drugs like Veozah target the brain's temperature center to block hot flashes without hormones.



You're not Alone:

Why Coaching Matters with Menopause

A health coach serves as a personal strategist to help you navigate the "new rules" of menopause, turning clinical advice into a sustainable daily routine. They provide the accountability and tailored guidance to master complex lifestyle shifts like strength training and metabolic nutrition.

Key benefits include:

- **Personalized Roadmap:** Translates broad expert recommendations into a specific plan that fits your unique symptoms and schedule.
- **Behavioral Change:** Helps you break the "eat less, move more" cycle by establishing habits that actually work for your changing hormones.
- **Consistency & Support:** Motivates you to stay on track with protein goals and resistance training when energy levels dip.
- **Symptom Navigation:** Offers a sounding board to track the effectiveness of interventions like MHT or stress management techniques.
- **Advocacy & Education:** Empowers you with the latest research so you can have more informed, confident conversations with your healthcare provider about treatment options.

Call or email today to start your journey to better health!

Disclaimer: This information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or medical health provider with any questions you may have regarding a medical condition or mental health concerns.



www.ufitnpb.com



302-528-5021



Ufitnpb@yahoo.com



Unified Fitness, NPB
Your Health and Wellness Partner

CHRONIC CARE CHRONICLES

Reset your Metabolism

A New Approach To Wellness

For individuals managing chronic or minor conditions, personalized coaching is a game-changer. I partner with physicians to provide tailored exercise prescriptions and health coaching that complements medical treatment, ultimately improving client outcomes and quality of life.



How the Approach Works

I partner with clients one-on-one to create custom fitness programs that bridge the gap after rehabilitation and help manage chronic conditions. My goal is to give you the strength and confidence to meet the demands of your daily life and lifestyle.

About the author and health coach.

Nina Parker-Brison is an ACSM-certified Health Coach and Exercise Physiologist who believes that as our health changes and challenges us, we have the power to lead a full life.

Food for thought:

- The Strength Shift: What changes if you stop eating to "lose weight" and start eating to build muscle?
- The Power of Addition: Instead of focusing on what to cut out, what is one high-protein food you can add today?
-

Please submit your response to ufitnpb@yahoo.com
text: 302-528-5021.

For Medical Professionals

Enhance your patient outcomes with dedicated implementation support. I provide the high-touch, day-to-day guidance patients need to successfully carry out the exercise and lifestyle goals you've set for them. Let's discuss how I can act as a seamless extension of your care team.

For Health Seekers

Ready to rediscover what your body is truly capable of? As your coach, **I am here to guide you** through every milestone on your path to better health. Let's build a stronger, more mobile you together—**book your consultation today** and let's get started."



Call or email today to start your journey to better health!

Disclaimer: This information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or medical health provider with any questions you may have regarding a medical condition or mental health concerns.



www.ufitnpb.com



302-528-5021



Ufitnpb@yahoo.com