



10 Rebelliously Simple Daily Health Habits

for Time-Starved Women

by Gregory Anne Cox | Rebellious Wellness Over 50

How the brain loves to complicate things.

And **perimenopause** and **menopause** are no times to make things more complicated.

Most of us will feel this transition in our bodies, but also our souls.

I like to say **change is the name of the midlife game.**

The fuel your body wants changes, energy levels change, our skin, our lady parts, how we see ourselves, how we feel in our bodies – *it all changes.*

How do you navigate it all?

Trust that this too shall pass and when you come out the other side, you'll be fine – if not better than before.

Here's my advice about managing the physical stuff.

Don't be distracted by the hundreds of tempting ads for a new supplement, fitness program, piece of equipment—*especially for the menopausal woman!*

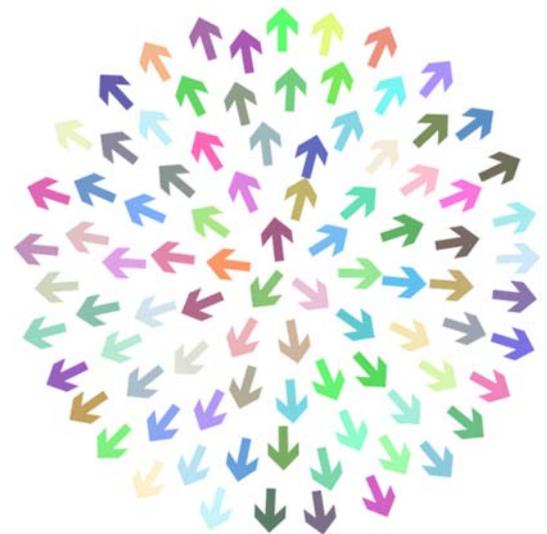
Until...

You get the basics handled. (Like what you'll find on this list.)

If you find it hard to put your health on your to-do list, or you're not even sure what the basics are, use it.

All the basics are covered and then some.

Include at least the first 4 of these in your daily routine.



#1: *Drink fresh water upon rising, at least 8 oz.*

Add fresh squeezed lemon for a liver loving touch.

#2: *Start your day with fat and protein.*

It will keep you sated for hours and every cell in your body thrives on it. This combination can be used at every meal and snack to give you long term energy and crush cravings that send you in search of sugar.

#3: *Avoid too many grains and starchy foods for optimal health and weight loss.*

As we age and our hormones roller coaster it's more important than ever to reconsider if how we've always eaten is going to work now. Many women find they can't process as many or the same kind of carbs as they once could. Cut back to one portion of starchy carbs a day, give it a try for 2 weeks, see how you feel.

#4: *Get up and move every 90 minutes for 5 or 10.*

Swing your arms, bounce on the balls of your feet, dance, walk around the house, anything to give your brain and butt a break from sitting. Getting the blood flowing throughout the day is critical.

#5: Experiment with high intensity interval training kinds of exercise for muscle building and fat burning in an efficient way.

If you are not yet doing any exercise, get some sneakers and walk. Start with 10 minutes, increase every couple of days.

#6: Do what it takes to get a sound night's sleep.

[I cover all of the latest science based sleep hygiene tips here](#), and you can listen to an interview with a sleep coach [on the podcast here](#).

#7: Negative self-talk is an especially damaging kind of stress, stop it.

Society will blast you with all the negativity you can handle. Tune it out!
When stress isn't expressed from the body and the mind, disease will result just as surely as if you lived on a junk food diet.

There is plenty to love about ourselves as we age – talk to yourself about that. If you've got stress in your life whether it's people, your environment, or a toleration, find a way to move those to the side and create something that nourishes you.

#8: If you need to eat more fresh foods, start with an apple, or a carrot.

If you currently eat 3 servings of veggies per day how could you add in one or two more? Make sure you get both cooked and raw vegetables daily when possible. And go for the most colorful vegetables, they will have the biggest bang for your nutrition buck.

#9: Eat fruit moderately.

Most bananas on sale today are twice the size we need and full of sugar. To get the potassium and fiber, buy small ones or eat only half at a time. Grapes are sugar bombs and not even redeemed with an abundance of fiber. Skip them.

Eat fruit in season, no one in NY or Toronto needs a raspberry from Venezuela in January to be healthy.

#10: When you are home, cook.

If you eat out or order in more than 5 times per week at dinner, stay home one night and cook. Reconnect with food by having to cut it, sear it, stew it, and nurture it into something yummy. The food we make at home is the healthiest.

Don't consider yourself a cook? Youtube will change your life.

This last item is for one of the additions I made to my daily habits that made all the difference. [Bioidentical hormone replacement](#). You may have heard that hormone replacement is not safe. That's old news. Listen to my [podcast episode with one of my go-to docs](#). There's always a transcript if you prefer to read.

One last thing. **Please don't let “*I don't have time*” get in the way of incorporating these ideas into your life.** How much time would you trade for avoiding a heart attack?

How much better would it be to never have to experience diabetes rather than do the work to reverse it? It takes time to care for the one body we are given, but not a lot – just a little, consistently.

If you'd like to do a deeper dive into my Power 5 for healthy aging – [some of which are touched on here](#) – you are just a click away.



Now is always the best time to honor your desire to live in a healthy body.

And no matter where you start, your whole body and life will change when you do.

As always, reach out if you have questions or just want to have a meet and greet:

Gregory@RebelliousWellnessOver50.com

or [find a spot on my calendar](#) and book a free, 30-minute call.

You'll leave with *at least* one next step and a new way of looking at where you are.
