

For Women
45–55

The 5-Day Midlife Middle Kickstart

Free
5-Day
Plan

Gentle, 10-minute moves

- The Plate Method
- Bloat-SOS habits



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The 5-Day Midlife Middle Kickstart (Free)

Gentle, 10-minute moves • The Plate Method • Bloat-SOS habits
For Women 45–55

Disclaimer: This is lifestyle education only. It's not medical advice. Check with your healthcare professional before starting new exercise or nutrition routines.

Why this works: Tiny daily wins beat crash plans. We'll stack 10 minutes of movement, one Plate-Method meal, and a few bloat-reducing habits—gently.

How to use this:

- 1. Pick a start day.**
- 2. Do the short list each day.**
- 3. Check the box. Done.**
- 4. Repeat if you want more momentum.**

Your 3 Daily Pillars (3M):

- **Move:** Steps + a 10-minute low-impact routine (3–5x/week).
- **Meals:** The Plate Method ($\frac{1}{2}$ veg/fruit, $\frac{1}{4}$ protein, $\frac{1}{4}$ smart carbs + healthy fats).
- **Mind:** 3–5 quiet minutes each evening.

Daily Framework (what to do each day)

- **Water on waking** (big glass)
- **Steps:** +2,000 above your current average (or aim 7–10k)
- **Plate-Method meal** (breakfast, lunch, or dinner—your choice)
- **10-minute routine** (on training days)
- **Bloat-Smart mini habit** (choose one: chew slow / lighter dinner / 10-min post-meal walk)
- **Mind wind-down** (3–5 mins breathing or stretch)

The 10-Minute Low-Impact Routine

(Do 2 rounds; rest 30–45s as needed.)

*(Descriptions on next page)

1. **Chair Squats** (8–12) — sit to chair, stand tall, squeeze glutes.
2. **Wall Push-Ups** (8–12) — body straight, elbows in.
3. **Band Rows** (10–12) — squeeze shoulder blades back.
4. **Side Steps (Band or Bodyweight)** (8–12/side) — stay tall.
5. **Pallof Press** (8–10/side) — resist the twist, exhale.
6. **Dead Bug** (6–8/side) — slow, controlled.

Warm-up: march in place 60s + shoulder rolls.

Cool-down: easy chest stretch + 5 long exhales.

Move in a comfortable range. If something hurts—skip it.

*Low-impact moves-details

- **Standing brace:** Feet under hips, tall ribs. Exhale gently and imagine zipping up a snug pair of jeans.
- **Dead Bug (lying):** On back, knees bent. Brace, then lift one knee and opposite arm. Lower with control.
- **Side Steps with Band (hips)**
 - Band above knees or around ankles. Step wide-right, then left.
- **Pallof Press (Anti-Rotation)**
 - Band anchored at chest. Stand side-on, hold band at chest, press straight out, resist twist.
- **Chair Squats** (quads/glutes)
 - Sit to a chair, stand tall, squeeze glutes.
- **Wall Push-Ups** (chest/arms/core)
 - Hands on wall, body in a straight line. Lower and press.
- **Band Rows** (back/posture)
 - Band anchored at chest height. Pull elbows back, squeeze shoulder blades.

Bloat-SOS (non-medical, gentle)

- Hydrate earlier (water + lemon).
- 10-minute walk after 1–2 meals.
- Potassium-rich foods (leafy greens, bananas).
- Slower chewing, smaller evening meal.
- Softer waistbands on puffy days.

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5-Day Checklist (printable)

Daily: ☐ Water on waking ☐ Steps target ☐
Plate-Method meal ☐ 3–5-min wind-down ☐
Bloat-Smart habit

- **Day 1:** ☐ 10-min routine (2 rounds) ☐ Post-meal walk (10 min)
- **Day 2:** ☐ Chew slow (put fork down between bites) ☐ Light dinner
- **Day 3:** ☐ 10-min routine (2 rounds) ☐
Sparkling water for soda
- **Day 4:** ☐ 10-min post-meal walk (2 meals) ☐
Early phone-down
- **Day 5:** ☐ 10-min routine (2 rounds) ☐ Prep 2 salad bowls

Wins: _____

How I feel (one word): _____

What's Next?

Loved the quick wins? Keep your momentum with the **14-day plan inside the full ebook: The Midlife Muffin-Top Fix** — Low-impact moves, smart daily habits, and bloat-reducing tips—no crash diets.

Includes the full follow-along schedule, printable trackers, and progressions.

[Get the ebook → Click here](#)

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