

Balance and Thrive Through Midlife: A 4-Week Challenge for Perimenopause & Beyond

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talking.
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Feeling Overwhelmed by Midlife Changes?

Perimenopause and menopause are natural transitions—but the shifting hormones, unpredictable sleep, hot flashes, mood swings, and brain fog can feel anything but natural. Maybe you've noticed weight changes that don't respond to the same habits that once worked, or you're simply tired of feeling "off" in your own body. You don't have to navigate this journey alone.

Why Midlife Nutrition & Lifestyle Support Matters

At 12 Weeks, we believe that every individual deserves a supportive space to talk about these changes and feel heard. Our 4-week "Balance and Thrive through Midlife" Challenge combines empathetic coaching, science-backed nutrition strategies, and practical lifestyle tools to help you feel more balanced, energized, and in control—without extreme diets or quick fixes.

How the Challenge Works

Over four weeks, you'll receive weekly coaching calls, guided exercises, and email resources that help you with:

- **Sleep & Energy:** Review bedtime routines, nutrition patterns, and key supplements that promote deeper rest and brighter mornings.
- **Digestive Health:** Identify foods and habits that reduce bloating and discomfort while improving overall gut health.



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- **Mood & Emotional Well-Being:** Use mood journaling, gratitude practices, and stress-management strategies to bring calm and clarity to your days. Brain Fog & Focus: Rebalance your diet and daily habits—plus learn about supportive adaptogens—to sharpen concentration and restore mental energy.
- **Joint Health & Inflammation:** Optimize protein intake, reduce inflammatory foods, and incorporate strength training to keep your body strong and mobile.
- **Weight & Hormone Balance:** Learn how to enjoy whole grains, lean proteins, and plenty of vegetables—without restrictive dieting—so your body can maintain hormonal harmony.
- **Hot Flashes & Bone Health:** Explore phytoestrogen-rich foods and key nutrients like calcium and vitamin D to ease symptoms and protect bone density.

What You Can Expect

Those who've worked with us often report:

- More restful, uninterrupted sleep
- Reduced brain fog and increased daily energy
- Greater confidence in managing midlife changes with practical tools and a clear plan

A Compassionate, Evidence-Based Approach

This isn't about perfection or a "one-size-fits-all" plan. Together, we'll create personalized steps that fit your lifestyle and complement any medical care you're receiving. You'll gain the knowledge and support to embrace this new stage of life with strength and optimism.

Take the First Step Toward Thriving

If you're ready to feel like yourself again—rested, focused, and empowered—join the Balance and Thrive Through Midlife 4-Week Challenge.

Let's move through this transition with confidence, self-care, and renewed energy. Reach out to FSEAP to access health coaching services now.

Your next chapter can be your strongest yet. Sign up today and start thriving in midlife!



When registering via online intake form please choose:
Type of Service – Health Coaching, Issue - Other,
and Type Another Option - Balance and Thrive through Midlife.

Online Intake Form