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## FORTIFY YOUR FORTIES

with these 5 simple steps



### EAT BREAKFAST

Set your day up for success by fueling your body and brain instead of coasting on coffee until you crash. Do not underestimate the impact of this action! Emphasize protein in the morning for more consistent energy throughout the day.



### PRIORITIZE YOUR SLEEP

Hormone changes throughout a woman's life can wreak havoc on her sleep. Establish a regular sleep routine for consistent energy and recovery. Many of us grossly undervalue our sleep so if your sleep is not restful please reach out for more support.



### TRACK YOUR CYCLE

Pay close attention to your fifth vital sign: the menstrual cycle. Get to know your fluctuations in energy and cravings and look out for signs and symptoms that deserve your attention. You may already be perimenopausal and not even know it.



### LIFT WEIGHTS

Women start to lose lean muscle mass as young as 30. Resistance/strength training improves and protects physical strength, mobility, metabolism, bone density, brain health, sleep, and mood. Build muscle to stay strong on multiple levels.



### ADD PROTEIN

Our protein requirements increase as we age and more so when we want to stay active. Aim for 1g/kg body weight (up to 1.5g/kg if very active). Protein is needed to build muscle and benefits your metabolism and blood sugar regulation.