



BY RACHEL HOLMES

# ***Women's Menofit™ Health & Fitness Guide***

**Daily Tips** to Reduce  
Cortisol, Relieve Stress,  
and Enhance Your  
Wellbeing

# Hello & *Welcome*



## **Rachel Holmes**

Rachel Holmes is a UK-based Fitness Educator, Presenter, and Women's Health & Wellness Specialist.

## **Introduction**

Welcome to your guide to Rachel Holmes Women's Optimum Wellness!

This guide will help you understand simple, actionable tips to improve your well-being by focusing on sleep, stress management, nutrition, hormonal balance, and more. Whether you're taking small steps or making big changes, these tips are designed to support your wellness journey.

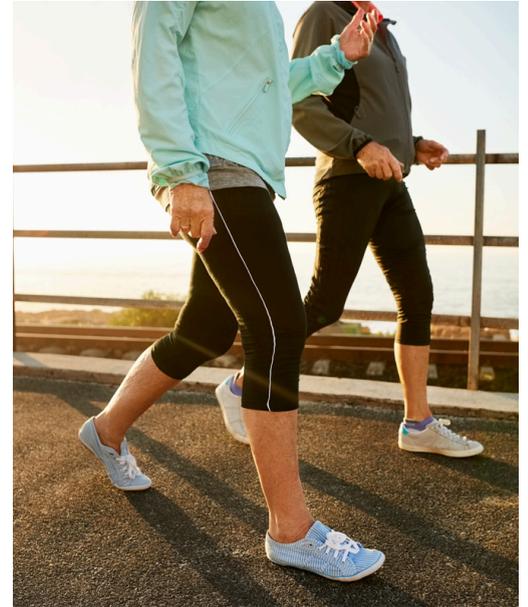
It is designed for busy women who feel stuck with high levels of cortisol, overwhelm and feelings of anxiety.

# Simple Actionable Tips to Lower Cortisol and Boost Daily Wellbeing for Women.

## How to Apply These Tips and Habits to Everyday Life

### Start Small and Be Consistent

- Introduce one habit at a time to avoid feeling overwhelmed.
- Focus on small, manageable steps, such as a 5-minute breathing exercise or a 10-minute walk.



### Morning Rituals

- Begin your day with a calming routine, such as gentle stretching, journaling, or a quick meditation.
- Replace screen time with mindfulness activities to set a positive tone.

### Mindful Nutrition

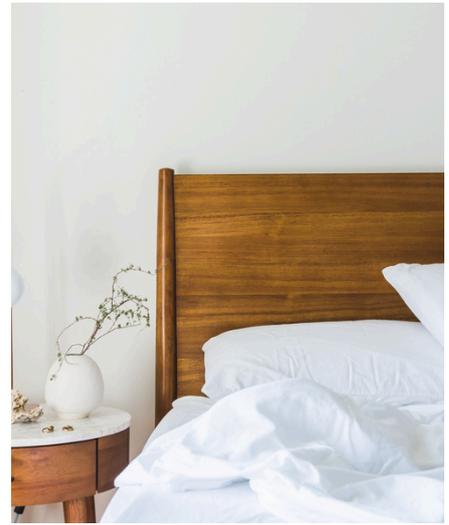
- Incorporate whole, nutrient-dense foods into your meals.
- Create a meal preparation routine to simplify healthy eating and reduce stress around food choices.

### Move with Intention

- Include low-impact exercises such as yoga, Pilates, or walking to help lower cortisol levels.
- Schedule these activities like an appointment to ensure they become part of your daily routine.

## **Prioritise Sleep Hygiene**

- Set a consistent bedtime and create a calming wind-down routine, such as dimming lights and avoiding screens.
- Use tools like blackout curtains or white noise to improve the quality of your sleep.



## **Join my 5 Day Menofit™ Midsection Meltdown Programme**

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### **Set Boundaries**

- Limit time spent on activities that drain your energy, and practise saying “no” to unnecessary obligations.
- Dedicate specific times for self-care and relaxation.

### **Breathing Breaks**

- Incorporate deep breathing or nasal breathing exercises during stressful moments or as a midday reset.

### **Gratitude and Reflection**

- End your day by listing three positive things that happened.
- Reflect on what worked well and how to improve the next day.

### **Use Technology to Your Advantage**

- Use apps to track your habits, set reminders, or follow guided meditations.
- Minimise digital distractions by setting “focus” times on your devices.

### **Join a Support Network**

# Adrenal Cocktail Recipes



## What is an Adrenal Cocktail?

An adrenal cocktail is a nutrient-rich drink designed to support adrenal health and balance cortisol levels.

**Below are four easy recipes you can try:**

## 01. Recipe 1: Classic Adrenal Cocktail

- Ingredients:
  - ½ cup orange juice (freshly squeezed)
  - ¼ teaspoon cream of tartar
  - ¼ teaspoon sea salt
  - 1 tablespoon coconut cream or collagen powder (optional)
- Instructions: Mix all ingredients and drink in the afternoon.

# Sleep Tips

## 5 Sleep Tips to get you started

**Create a Consistent Sleep Schedule:** Aim for 7-9 hours nightly, going to bed and waking up at the same time.

**Limit Screen Time:** Avoid blue light exposure 1-2 hours before bed.

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**Bedtime Routine:**

Incorporate calming activities like reading or meditation.

**Dark and Cool**

**Environment:** Keep your room cool and eliminate light for optimal rest.

**Limit Caffeine**

after midday



# Managing Stress

## 4 Stress Management Tips to get you started

### Daily Breathing Exercise:

#### Try the 4-7-8 method:

- Inhale for 4 seconds, hold for 7, exhale for 8.
- Repeat 4-5 times to calm the nervous system

**Movement:** Gentle exercises like yoga or a 10-minute walk can work wonders.

### Go OUTDOORS

**Journaling:** Write down your thoughts to process emotions.



# Quick Tips

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## Nutrition Tips for High Cortisol Levels

- ✓ **Focus on Whole Foods:** Eat plenty of vegetables, lean protein, and healthy fats.
- ✓ **Magnesium-Rich Foods:** Include spinach, almonds, and avocado.
- ✓ **Avoid Sugar and Caffeine:** These can spike cortisol.

## Daily Cortisol-Lowering Tips

**Morning Sunshine:** Spend 10 minutes in natural sunlight.

**Midday Break:** Take short breaks to breathe or stretch.

**Evening Wind Down:** Use calming essential oils like lavender.

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## Breathing Exercises to Manage Stress

### Box Breathing:

- Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4.

### Alternate Nostril Breathing:

- Close one nostril, inhale, switch nostrils, and exhale.



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## Tips for Balancing Hormones

- ✓ **Regular Exercise:** Include strength training and walking
- ✓ **Healthy Fats:** Add omega-3s like salmon and walnuts.
- ✓ **Stay Hydrated:** Drink 8-10 glasses of water daily.

## Vitamins and Minerals for Wellness

- ✓ **Vitamin D:** Essential for mood and hormone balance.
- ✓ **Magnesium:** Helps with relaxation and stress.
- ✓ **Zinc:** Supports immune and hormonal health.

## Nervous System Regulation Tips

**Grounding Techniques:** Walk barefoot or focus on your senses.

**Meditation:** Use guided meditations to centre yourself.

**Somatic Exercises:** Include gentle body scans or stretches.



## Gut Health Tips

**Probiotics:** Add fermented foods like yogurt and kimchi.

**Fibre-Rich Foods:** Eat more fruits, vegetables, and whole grains.

**Hydration:** Proper hydration aids digestion.

## Post-Workout Food Ideas

✓ **Protein Smoothie:** Blend protein powder, banana, and almond milk.

✓ **Avocado Toast:** Add a poached egg for extra protein.

✓ **Greek Yogurt:** Top with berries and nuts.

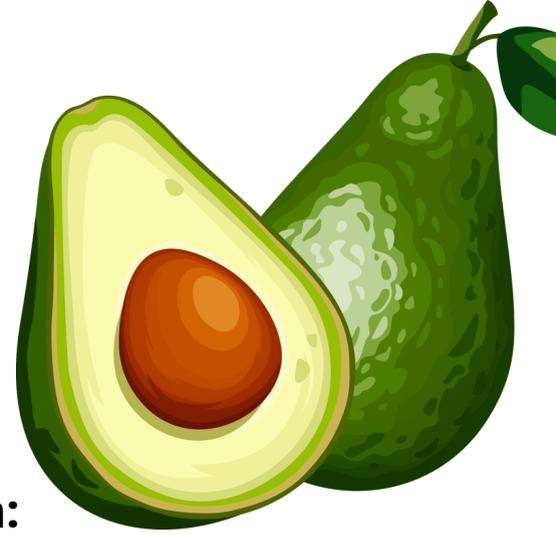
## Tips for Anxiety and Stress

**5-4-3-2-1 Method:** Focus on 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.

**Progressive Muscle Relaxation:** Tense and relax each muscle group.

**Gratitude Practice:** Write down three things you're thankful for daily.

# What to Eat in Menopause



## Nutrition Tips for Menopausal Women:

- **Prioritise Protein:** Aim for a source of protein at every meal (eggs, chicken, Greek yoghurt, fish, tofu, lentils). This helps with muscle maintenance and satiety.
- **Eat Plenty of Fibre:** Include wholegrains, fruits, vegetables, beans, and pulses to support gut health, hormones, and digestion.
- **Healthy Fats:** Add olive oil, avocado, nuts, seeds, and oily fish for brain and heart health, and to help keep your skin glowing.
- **Calcium & Vitamin D:** Dairy or fortified plant milks, leafy greens, and some sunlight to protect bone health.
- **Limit Sugar & Ultra-Processed Foods:** These can spike blood sugar and increase cravings.
- **Stay Hydrated:** Aim for 1.5–2 litres of water daily.
- **Watch Your Alcohol Intake:** Alcohol can disrupt sleep and affect hormone balance.



# Tips for Reducing Belly Fat in Menopause

- **Strength Training:** Build muscle to boost your metabolism. Just 2-3 sessions a week can make a difference.
- **Don't Skip Meals:** Eat regular, balanced meals to keep blood sugar steady.
- **Prioritise Sleep:** Poor sleep raises cortisol, which is linked to increased belly fat.
- **Manage Stress:** Practice stress reduction daily (breathwork, walking outdoors, meditation).
- **Cut Back on Alcohol:** Reduces empty calories and helps with fat loss.
- **Increase NEAT (Non-Exercise Activity Thermogenesis):** Move more throughout the day – walking, standing, stretching.
- **Eat More Fibre & Protein:** Keeps you fuller for longer and helps manage cravings.
- **Mindful Eating:** Slow down, enjoy your meals, and stop when satisfied.





# Join My 5 Day Midsection Meltdown

## Ready to take action?

Join my 5 Day Midsection Meltdown Programme – specifically designed for women in menopause to kickstart your fitness, reduce belly fat, and boost confidence!

- Daily workouts you can do at home
- Step-by-step nutrition and lifestyle tips
- Support and motivation from me every day



Scan the QR code to get started or [click this link](#)