

MIDLIFE RESET- 7 KEY AREAS OF CHANGE

What Used to Work, What Doesn't, and How to Thrive Now



WELCOME

My name is **Misha Palmer**, and I'm a nutritional lifestyle coach.

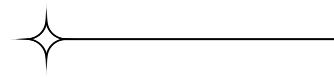
This guide is for you if you're ready to feel your best in midlife and embrace the changes that come with it.

Whether you're looking **to regain your energy, shift stubborn weight, or simply prioritize your health**, you'll find strategies here to help you thrive.

Let's dive into **what used to work, what doesn't anymore**, and how you can adopt **new habits for your healthiest, most vibrant life yet!**



Introduction



✦ Why is it not working anymore?

A few years ago, I started noticing that what used to work for me **in my 20s was no longer enough.**

I kept thinking, **How is it possible to gain weight when I'm eating the same things?** But I hadn't considered the lifestyle changes that had come with time.

Back in my early 20s, I was a part-time waitress while studying, **constantly on my feet**, going to the gym, and walking everywhere.

Fast forward to a **full-time office job, sitting for hours on end**, with constant access to sweet treats, and suddenly things were different.

Despite going to the gym and running, the sedentary nature of my ✦ job and snacking environment led to **gradual weight gain.**

I would go on strict diets and lose weight, **only to gain it back a few months later.** This cycle went on for years.





By the time I had my first child and hit my 30s, what used to work for losing weight just wasn't working anymore.

I was eating the same, exercising the same, but the weight kept creeping on.

I was frustrated and confused- why weren't my old routines helping anymore? I tried cutting calories and pushing harder at the gym, but nothing seemed to budge the extra pounds, and my energy levels were nowhere near where they used to be.

That's when I realized something fundamental had changed. **It wasn't just about needing more discipline; my body was transitioning as I aged and became a mother.**

If I wanted different results, I needed a different approach!

I had to learn about my changing body, understand what was really going on, and find new strategies that worked with my body instead of against it.

Through research and trial and error, **I found solutions that not only helped me lose weight but also made me feel stronger, more energized, and better in my body than I had in years.**

I realized this phase of life doesn't have to be about decline- **it can be the start of the best years ahead, full of health, vitality, and confidence.**

In this guide, I'll share the insights I've gained so that **you can feel great in your body**, whether you're navigating the early signs of aging or noticing symptoms of perimenopause.

It's time to stop struggling with what worked in the past and discover what works now!

By embracing the changes that come with this stage of life, **you can take charge of your health and feel empowered to live your most energized, vibrant years ahead!**



WHAT USED TO WORK IN OUR YOUNGER YEARS (AND WHY IT DOESN'T ANYMORE)

In your younger years, you may have found it easier to stay in shape, lose weight, and manage your health with less effort. But with aging and as you approach perimenopause, a combination of hormonal changes and aging can make these old strategies less effective or not working at all. **Here's why:**



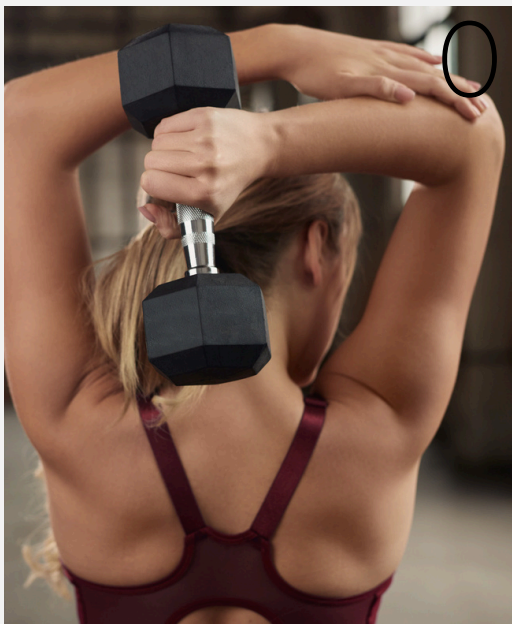
01

Metabolism Was Faster

This one is pretty obvious- most of us know that our metabolism slows down as we age.

- ***In your 20s and early 30s:*** Your metabolism naturally worked faster, burning more calories at rest. Plus, you were probably more active- walking, cycling, playing sports, and generally moving more in your day-to-day life.
- ***Now:*** As you age, your metabolism slows down, making it easier for weight to creep on, especially around the abdomen. For women, especially those experiencing perimenopause, this slowdown is linked to hormonal changes, with metabolism declining by 2-5% per decade after age 30. This means you burn fewer calories at rest, even if your activity level remains the same.





02

Easier Muscle Growth

- **You could build muscle more easily when younger**, thanks to higher estrogen and growth hormone levels.
- **Now:** From age 30, women lose 3-8% of muscle mass per decade. Maintaining muscle mass becomes crucial, as it keeps your metabolism higher and prevents the fat gain that often comes with perimenopause.



03

Carbs Are Harder to Process

- **In your younger years:** You may have been able to indulge in carbs or sweets without noticing long-term effects on your weight or energy levels.
- **Now:** As you age, your body becomes less efficient at processing carbohydrates, and insulin sensitivity decreases. This means that eating a high-carb diet is more likely to lead to fat storage, especially around the abdomen.



04

Alcohol Tolerance Was Higher

- If you drink alcohol, you might want to consider the impact on your body as you age!





- ***In your younger years:*** Alcohol was more tolerable, and its effects on weight, sleep, and energy levels were minimal.
- ***Now:*** As you age, alcohol can have a greater impact on your body, especially if you're starting to experience perimenopause. **Your liver prioritizes metabolizing alcohol over burning fat and glucose, which slows protein synthesis and impairs muscle recovery.** Alcohol also disrupts sleep, increases hot flashes and mood swings, and contributes to weight gain. Reducing or cutting back on alcohol can significantly improve your overall well-being during this phase of life.



05

Sleep Was More Predictable

- ***In your younger years:*** Occasional sleepless nights didn't have much of an impact on your energy levels or overall well-being, and sleep patterns were typically more consistent.
- ***Now:*** As you age, especially during perimenopause, fluctuating hormone levels—particularly a decrease in progesterone and estrogen—can lead to sleep disturbances, insomnia, and fatigue. Lack of quality sleep is directly linked to weight gain, reduced cognitive function, and increased stress levels. **Prioritizing good sleep hygiene and managing hormonal shifts is key to maintaining energy and overall health.**



MIDLIFE RESET: 7 KEY AREAS OF CHANGE

To feel your best as you get older, it's important to embrace new strategies for managing your health!

Here are some simple adjustments you can make to your approach:



Fasting for Slowing Down Aging

This really was a game change for me!

Fasting, whether through intermittent fasting or short-term juice fasts, **is a powerful tool for supporting cellular repair and slowing the aging process.**

During fasting, **your body goes into a state called autophagy**, where it clears out damaged cells and regenerates healthier ones, promoting longevity and reducing inflammation.

Why it matters: Autophagy can help slow biological aging, supporting better skin health, mental clarity, and energy.

Fasting can also help manage weight, improve insulin sensitivity, and reduce the risk of age-related diseases.

Tip: Try intermittent fasting (such as a 16:8 fast, where you eat in an 8-hour window and fast for 16 hours) a few times a week or incorporate a short juice fast every few months. This gives your body the break it needs to repair and regenerate.





02

Prioritize Strength Training

Why it matters: Muscle mass is essential for maintaining a healthy metabolism and burning more calories at rest.

Research shows strength training helps prevent up to 50% of age-related muscle loss, which is crucial for keeping your metabolism efficient.

Additionally, strength training can support bone health, helping to reduce the risk of osteoporosis as we age.

Tip: Include resistance training exercises, such as weightlifting or bodyweight exercises, at least twice per week. Aim to target all major muscle groups to maximize your metabolism-boosting benefits.



03

Increase Protein and Healthy Fats

Why it matters: High protein intake is crucial for losing fat, as it helps you feel full and satisfied.

For me, eating high protein was essential to effectively shift fat and maintain muscle mass. In fact, our bodies burn more calories when metabolizing protein compared to carbohydrates.

This becomes even more important as we age and try to maintain a healthy weight.

Aim for at least **30 grams of protein per main meal** to support muscle mass and repair.





Additionally, healthy fats, like omega-3s, can help balance hormones, improve heart health, and enhance brain function by supporting cognitive health and reducing the risk of neurodegenerative diseases.

Tip: Focus on lean protein sources such as fish, chicken, or plant-based proteins. Don't forget to include healthy fats like avocados, nuts, and olive oil in your meals to promote satiety and support your body's needs.



04

Prioritize Food Quality

Why it matters: The quality of the food we consume significantly impacts our health and well-being.

I believe investing in higher-quality, organic, and minimally processed foods has made a big difference in how I feel and maintain my weight.

Ultra-processed foods, often high in added sugars, unhealthy fats, and artificial ingredients, can lead to weight gain, inflammation, and other health issues. **Prioritizing one-ingredient whole foods allows you to nourish your body more effectively and can make a substantial difference in how you feel.**

Tip: Focus on incorporating organic fruits, vegetables, lean proteins, and healthy fats into your diet. Take time to read labels and learn about ultra-processed foods, as this knowledge can empower you to make healthier choices.



05

Move More: Walking, Tabata, and Everyday Activity

Why it matters: As a busy parent, I often find that the only way I can fit in exercise is through quick five-minute bursts between tasks.

In the past, I used to think that these short sessions didn't make a difference, and how wrong I was!

It's important to realize that every movement counts. Structured workouts are beneficial, but all forms of movement help maintain your metabolic rate and keep your body active.

Walking is a low-impact, highly effective way to stay fit, and every step contributes to your health goals.



Short bursts of exercise, like Tabata (a form of interval training), can even help you burn fat for hours afterward.

Tip: Aim for 8,000-10,000 steps a day. Incorporate quick bursts of high-intensity exercise whenever you can, and consider simple habits like taking the stairs or standing more while working.

These small changes can make a big difference in your overall fitness and well-being.





06

Limit Alcohol Intake

Why it matters: Alcohol can worsen perimenopausal symptoms such as hot flashes, disrupt sleep, and slow metabolism.

Your body prioritizes burning alcohol over glucose and fat, making it harder to lose weight and build muscle.

Tip: Consider reducing your alcohol consumption or reserving it for special occasions. Drinking in moderation or cutting back can significantly improve your energy levels, sleep quality, and overall health during this transition.

I know you might be thinking that cutting back could take the fun out of social events.

But do we really need alcohol to have a good time?

Would you truly enjoy spending time with certain people if you weren't drinking?

Many who have stopped or drastically reduced their alcohol intake have found that they never want to go back to their old habits because of how great they feel. Maybe try it for just one month and see how it impacts your overall well-being.



Find Purpose and Mission in Your Life

Why it matters: As children get older and careers evolve, many women find themselves facing questions about their identity and purpose.

Having a sense of mission and direction in life not only keeps you mentally and emotionally young but is also associated with better physical health and longevity.

Without a clear purpose, it can be challenging to stay motivated with your health and wellness goals.

Tip: Reflect on what brings you joy and fulfillment.

Whether it's pursuing a passion, setting new career goals, or engaging in meaningful community work, having a sense of purpose can keep you motivated and help you thrive during midlife.



WHAT'S NEXT FOR YOU?

✦ This **Midlife Reset guide** gives you essential information on nutrition, lifestyle habits, and strategies for lasting change.

But let's be honest- most people find it difficult to reach their goals with information alone. That's where my 1:1 coaching comes in.

I'm here not only to educate you but to turn that knowledge into action with real, lasting results.

What My 1:1 Coaching Offers That You Can't Get from a Guide Alone:

- **Customized Nutrition and Lifestyle Guidance:** I don't believe in one-size-fits-all solutions. I'll work closely with you to create a plan that fits your life and goals, whether that's shedding stubborn weight, boosting energy, or embracing midlife with confidence.
- **Mindset Transformation:** We'll dig into any beliefs or habits holding you back and reshape them (if required) to support your success. I'll help you break through mental barriers that prevent you from reaching your potential.
- **Practical Habit-Building:** I'll teach you how to integrate new habits into your day-to-day life in ways that actually stick—no drastic overhauls, just small, powerful shifts that build over time.
- **Ongoing Education and Empowerment:** From reading food labels to understanding ultra-processed foods and avoiding common marketing tricks, I empower you with knowledge that gives you control over your health. But I also ensure that this knowledge translates into action.
- **Accountability and Motivation:** Change isn't easy, and it's natural to lose momentum along the way. With my 1:1 support and accountability, you'll stay on track and keep moving forward, even when life gets busy or motivation dips.
- And much more!!



WHAT'S NEXT FOR YOU?

With my coaching, you'll experience a clear path, continuous support, and practical tools that transform your health goals from ideas into reality.

Are you ready to turn your midlife reset into lifelong results?

Explore my **program** or book a **discovery call** to see how we can make this journey work for you.

Here to help you thrive,

Misha Palmer
Nutritional Lifestyle Coach



Would you like to learn more?

Check out my blog posts and other resources -
www.mishapalmer.com

I'd love to stay connected!

Feel free to email me
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