

IGNITE YOUR METABOLISM OVER 40

The StrongHer Guide to Burning Fat, Building
Muscle, and Feeling Like Yourself Again

*A free guide for women navigating perimenopause and
menopause who are done feeling stuck.*



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WHY YOUR METABOLISM CHANGED

You didn't suddenly lose willpower. You didn't get lazy. Your metabolism literally changed and here's why.

After 40, estrogen levels begin to drop. That shift affects everything — how your body stores fat, how much muscle you hold onto, how well you sleep, and how efficiently you burn calories at rest. The belly fat that wasn't there five years ago?

That's not a failure. That's biology.

But here's what nobody tells you... your metabolism is not broken. It just needs a different approach.

The strategies that worked in your 30s won't cut it anymore. Cutting calories and doing more cardio can actually make things worse in menopause. What your body needs now is smarter fuel, strategic movement, and the right daily habits.

The good news is that there are strategies that women over 40 can use to increase their metabolism and maintain a healthy weight.

That's exactly what this guide gives you.

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THE 5 METABOLISM KILLERS AFTER 40

Before we talk about what works, let's talk about what's quietly working against you.

1. Not eating enough protein. Muscle is your metabolism. The less muscle you have, the fewer calories you burn at rest. And after 40, your body becomes less efficient at building and holding onto muscle unless you deliberately eat enough protein to support it.
2. Skipping meals or under-eating. When you eat too little, your body shifts into survival mode and slows your metabolism down to protect itself. Skipping breakfast or barely eating during the day often leads to overeating at night and storing more fat.
3. Chronic cardio with no strength training. Cardio burns calories in the moment. Strength training builds the muscle that burns calories all day long even while you're sitting at your desk. If your workout routine is mostly cardio, your metabolism is missing its most powerful tool.
4. Poor sleep. Bad sleep raises cortisol, increases cravings, slows fat burning, and breaks down muscle. This is one of the most underestimated metabolism killers in menopause and one of the most fixable.
5. Chronic stress. High cortisol tells your body to hold onto fat — especially around your belly. Managing stress isn't optional in menopause. It's a metabolic strategy.

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5 WAYS TO IGNITE YOUR METABOLISM STARTING NOW

1. Make protein your priority at every meal. Aim for 25–35g of protein per meal. Think grilled chicken, eggs, Greek yogurt, salmon, cottage cheese, or a quality protein shake. Protein keeps you full, protects your muscle, and requires more energy to digest than any other macronutrient.
2. Lift weights at least 3x per week. Strength training is the single most powerful thing you can do for your metabolism after 40. It builds and preserves lean muscle which is your body's calorie-burning engine. You don't need to lift heavy from day one. Start where you are and build.
3. Eat enough — especially in the morning. Stop skipping breakfast. A protein-rich meal within 90 minutes of waking sets your metabolism in motion for the entire day. Think eggs and veggies, a protein smoothie, or Greek yogurt with berries.
4. Prioritize sleep like it's part of your fitness plan. Because it is. Aim for 7–9 hours. Create a wind-down routine, limit screens before bed, and keep your room cool. Better sleep means better fat burning, better muscle recovery, and better energy to actually show up for your workouts.
5. Move more throughout your day — not just during workouts. Walk after meals. Take the stairs. Stand when you're on calls. This kind of low-intensity daily movement — called NEAT — adds up to hundreds of extra calories burned each day without a single extra workout.

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WHAT TO EAT TO FUEL YOUR METABOLISM

You don't need a complicated meal plan. You need a simple framework:

Build every meal around this:

- Protein — chicken, fish, eggs, Greek yogurt, legumes, protein shake
- Vegetables — leafy greens, broccoli, zucchini, peppers, cucumber
- Smart carbs — sweet potato, quinoa, oats, brown rice, fruit
- Healthy fat — avocado, olive oil, nuts, seeds

What to reduce:

- Ultra-processed foods that spike blood sugar and increase inflammation
- Alcohol — it disrupts sleep, raises cortisol, and stalls fat loss
- Excess sugar — especially hidden sugars in sauces, dressings, and drinks

What NOT to do: Don't cut entire food groups. Don't survive on 1,200 calories. Don't punish yourself for enjoying food. Deprivation doesn't work in menopause. Nourishment does.

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YOUR NEXT STEP

You just got the roadmap. Now it's time to walk it. Real results look like more energy, less belly fat, stronger muscles, and a metabolism that actually works for you. Here's how to get started, wherever you're at.

Not sure yet if coaching is right for you? The **4-Week Menopause Reset** is the easiest place to start. No big commitment, just a real taste of what it feels like to train and eat in a way that actually works with your body.

Inside the reset you'll get:

- Strength workouts built for your body right now
- Nutrition habits that support your hormones
- Mindset shifts that make the difference between starting and actually finishing

→ [Join the 4-Week Menopause Reset for \\$47](#)

Ready to go all in? EVOLVE is my 12-week high-touch coaching program for women who want full transformation with accountability every step of the way.

→ [Learn more about EVOLVE](#)

Questions? Email me at strongherpt@outlook.com or find me on Instagram, TikTok or YouTube @strongherwithpat



STRONGER MENOPAUSE FITNESS

ABOUT THE AUTHOR

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Pat Greaves won her **Pro bodybuilding card at 49** and has spent years helping women navigate menopause with strength, confidence, and zero deprivation. A certified fitness trainer, Precision Nutrition coach, and regular contributor to **Women's Health** and **Prevention Magazine**, Pat knows firsthand what it takes to build your strongest body in midlife.



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