

What To Expect During Life's Long Middle

Body, Mind & Life By Decade CHECKLIST
For Women 40-79



- Check off Where You've Been and Where You Are
- ...so you can Plan for What You Want Ahead
- ...by Building Good Health & Resilience with Ease



Truly U *evolutionary*
nutrition
Find Your Gentle Power.

"Imagine what becomes possible
when you're able to make
new healthy habits stick."

Annika Ek

Evolutionary Nutritionist
Founder of TrulyU Evolutionary Nutrition
Creator of Evolutionary Nutrition™ and The TrulyU Way™



Dear fellow traveller through life's long middle,

How wondrous that our paths have crossed and that I am able to share this checklist with you. :-)

I am excited for you to take a moment and explore your life's long middle, no matter which of the four decades you're in right now.

Use the perspective gained from completing this checklist as an inventory of where you've been, where you are, and most importantly where you consciously want to go.

Let your insights inspire you towards new healthy habits that will make your life's long middle some of the most fun and rewarding years of your life!

Remember that each woman's journey is unique, while also keeping in mind that we share many of the experiences that make up our individual lives.

Dedicated to your good health & thriving life,

Annika



Annika Ek R.H.N.

Evolutionary Nutritionist

Founder of TrulyU Evolutionary Nutrition

Creator of Evolutionary Nutrition™ and The TrulyU Way™

MIDLIFE WOMAN'S BODY, MIND & LIFE BY DECADE CHECKLIST



NAME: _____

DATE: _____

AGE: _____

On the following pages, organized by decade from our 40's through our 70's:

- Check off what you have experienced so far, if your experience is not listed (this checklist is not exhaustive) write in the space provided below each section.
- For decades you have not yet reached, check off the experiences of your mom (or other close relative) during that decade. Our genes are not our destiny, but they do matter, and with more awareness we can make informed choices.

40'S - IT'S GETTING REAL



BODY

- Common Perimenopausal Symptoms due to Shifting Hormones
 - Hot flashes
 - Disrupted sleep, night sweats
 - Fatigue or inconsistent energy
 - Aches, pains, headaches
 - Weight gain, esp. around the waist
 - Reduced or lost sex drive

MY EXPERIENCE or mother's experience during this decade

- _____
- _____

MIND

- Mood swings
- Harder to focus and/or memory challenges
- Lose interest in what you used to enjoy

MY EXPERIENCE or mother's experience during this decade

- _____
- _____

LIFE

- Demanding and possibly stressful career
- Busy with kids and teens
- Challenges in intimate relationships
- Aging parents
- Looking for more meaning in career, may to back to school or start a new venture

MY EXPERIENCE or mother's experience during this decade

- _____
- _____

50'S - DECADE OF LETTING GO



BODY

- Perimenopausal symptoms from the 40's may become more severe until menopause
- Menopause (one year since last period) arrives - average age is 52
- Once menopausal protection from estrogen and progesterone is lost. Pay extra attention to Cardiovascular Health (LDL) and Bone Health. May want to discuss HRT with your doctor.
- Skin, hair and/or vaginal dryness
- More frequent urinary tract infections (UTI)
- Shifts in metabolic health, more insulin resistant that can lead to weight gain.

MY EXPERIENCE or mother's experience during this decade

- _____
- _____

MIND

- Once Menopausal - stable hormones for first time since before first period. This can lead to feeling calmer and more at peace.
- Once Menopausal, we are "Upgraded" (Dr. Louann Brizendine) and often experience cognitive improvement.
- Ready to be challenged and for something new.

MY EXPERIENCE or mother's experience during this decade

- _____
- _____

LIFE

- Empty nester (or free birder)
- Change in intimate relationships such as divorce and/or new relationship
- Parents aging or passing away
- Retirement, or thinking about retiring. Job loss. Starting new venture or career.
- More time for self-care (at least compared to 40's).

MY EXPERIENCE or mother's experience during this decade

- _____
- _____



60'S - DECADE OF LETTING IN

BODY

- Bone health - osteoporosis or osteopenia
- Breast health - pay attention to changes
- Pelvic floor health issues such as incontinence
- Vision & Hearing - pay attention to changes
- Joint Health challenges such as arthritis
-

MY EXPERIENCE *or mother's experience during this decade*

-
-
-
-

MIND

- Cognitive health challenges such as dementia or Alzheimer's

MY EXPERIENCE *or mother's experience during this decade*

-
-
-

LIFE

- New sense of freedom
- May lose partner or close friends
- Return to, or find new hobbies and interests (staying active and engaged.)

MY EXPERIENCE *or mother's experience during this decade*

-
-
-

70'S - DECADE OF SAVOURING



BODY

- Taste and Smell: Important to be able to enjoy food and eating enough, esp. enough protein..
- Cardiovascular Disease
- Cancer
- Respiratory Disease
- Digestive Disease

MY EXPERIENCE *or mother's experience during this decade*

- _____
- _____
- _____
- _____

MIND

- Cognitive health challenges such as dementia or Alzheimer's
- Loneliness gets more common with age

MY EXPERIENCE *or mother's experience during this decade*

- _____
- _____
- _____

LIFE

- The more active, engaged and interested in the world around us the better for our health.

MY EXPERIENCE *or mother's experience during this decade*

- _____
- _____
- _____



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Keep Your Momentum Going...

Get FREE Access for 7 days to the **PREVIEW** of “Roadmap To Lasting Self-Care For Women Over 40”

...where I’ll show you how the **The TrulyU Way™** works! It’s only 20 minutes, so you have nothing to lose.

Watch it and you’ll finally have a **new way to do self-care** so you can establish healthy habits that stick!



To your good health & thriving life,

Annika



Annika Ek R.H.N.
Evolutionary Nutritionist

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Annika Ek R.H.N. Evolutionary Nutritionist

Annika supports women in practising self-care with ease. Her work is focused on helping her clients get healthy habits to stick so they can build a foundation of Health and Resilience.

She is the founder of TrulyU Evolutionary Nutrition and the creator of Evolutionary Nutrition™ and The TrulyU Way™.