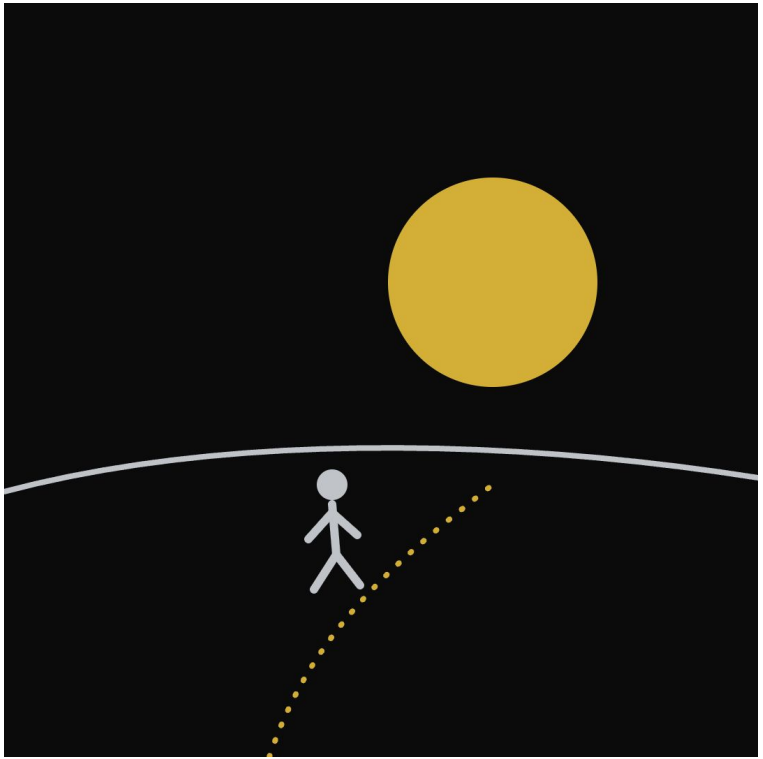
Why Resilience Fuels Results

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- Resilience isn’t about being tough, it’s about keeping going in a way your body can sustain.
- Winter tests us with darker evenings, colder weather, busy holidays, and lower energy.
- Activity can naturally drop at this time of year, and that’s one of the main reasons weight creeps on over winter.
- So tonight! What resilience really looks like after 40, and how to use it to finish the year strong.



Why Resilience Matters More After 40



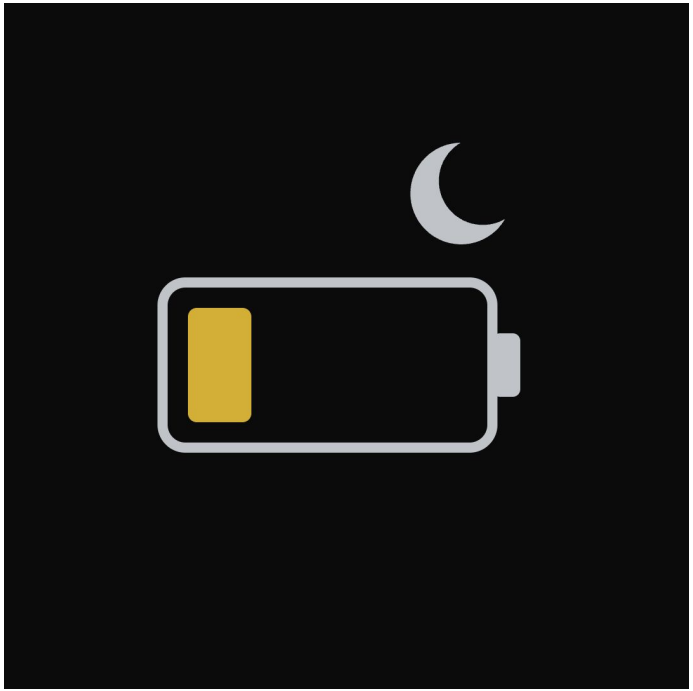
- Hormonal changes in perimenopause and menopause can affect energy, sleep, mood, and recovery.
- Muscle mass and metabolism decline faster if we stop moving, so consistency matters more than intensity.
- Joints and bones benefit from regular, steady movement such as walking.
- Results come from showing up most days, not from perfect weeks.
- Resilience protects your progress when life gets in the way.

What Good Resilience Looks Like

- Adapting instead of quitting e.g. when it’s raining, you walk indoors, march on the spot, or do laps of the house. (Steps Workouts!)
- Breaking it up e.g. three 10-minute walks still count.
- Getting back on track the next day after a missed one, with no guilt spiral.
- Planning ahead for dark evenings by moving your walk to lunchtime or the morning.
- Asking for support and leaning on the group (Inspiration and Challenge!)
- Listening to your body and choosing a gentler option when you need it.



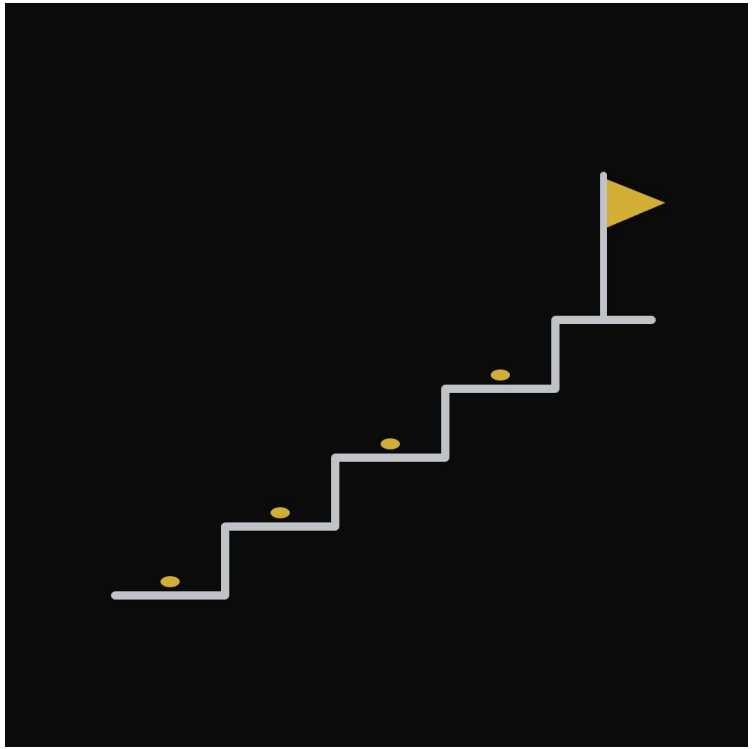
What Unhelpful Resilience Looks Like



- Pushing through pain, like sore knees, hips, or feet, instead of adjusting or getting it checked.
- Ignoring exhaustion, poor sleep, or illness just to hit a number. (Unsure - ask your coach!)
- All-or-nothing thinking: “I missed Monday, so this week is ruined.”
- Overcompensating by doubling steps after a missed day and ending up injured or burnt out.
- Comparing yourself to others instead of your own starting point.
- Remember that real resilience is *sustainable*. Grinding yourself down is not strength!

Using Resilience to Your Advantage

- Treat setbacks as information, not failure. Ask yourself what got in the way and what you can adjust.
- Build in small, consistent habits, like a walk after dinner, parking further away, taking the stairs.
- Track your progress so you can see your resilience adding up (Note it on your check in this week!)
- Celebrate effort and consistency, not just big numbers.
- Every time you bounce back, it gets easier, because resilience is a skill you can build.



Steps Challenge! (November 11th-17th)



- We going to walk… Australia coast to coast!
- Your March challenge (or last week's) step count is your personal benchmark, so you're only competing with yourself.
- The goal is to beat it using smart resilience: consistent, adaptable, and body-aware.
- Bad weather days, busy days, and low-energy days are all part of the challenge. Find a way, not an excuse!
- Share your wins, tips, and bounce-back moments in the Challenge group.
- Add your daily steps to the sheet.
- Keep moving this winter, protect your progress, and finish the year stronger than you started!

Takeaways/ Questions