PIVOT

BUILD YOUR FOUNDATION

The Vitality Workbook

Eat stronger. Move smarter. Reconnect with your body.

Your midlife health starts with the basics.
This workbook turns the nutrition, movement, and intimacy chapters of PIVOT into simple steps you can practice this week.

THREE FOUNDATIONS

01 NOURISH Build meals that support muscle, metabolic health, and energy.

02 MOVE Train for strength, mobility, resilience, and independence.

03 CONNECT Support comfort, desire, pleasure, and sexual well-being.

A companion to Chapters 14–16 of PIVOT

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Start Here: The Foundations Before the Extras

Your body changes during the menopause transition. The goal is not to chase perfection or a younger number on the scale. It is to build habits that support how you feel and function for decades.

The PIVOT principle: Start with one small change, repeat it, and build from there. You do not need to overhaul your entire life this week.

Take a quick baseline

Area	Right now	What I want to improve
Nutrition	Protein / fiber / meal consistency	_____
Movement	Strength / walking / recovery	_____
Sexual health	Comfort / desire / connection	_____

Choose one starting point

☐ I want more consistent, satisfying meals.

☐ I want to feel stronger and more capable.

☐ I want to address a sexual-health concern without embarrassment.

My reason for starting

What would feeling healthier and stronger make possible for me?

Use this guide for education and discussion with your clinician. Adapt targets to your health conditions, medications, mobility, and personal goals.

Foundation 1: Eat for This Body

In Chapter 14, nutrition is about supporting muscle, metabolic health, and the gut—not crash dieting. Begin with three practical anchors.

1. Make protein a priority

The book suggests aiming for around 30 g of protein per meal and discusses roughly 90–130 g/day for many women. These are starting points, not universal prescriptions. Needs vary with body size, activity, kidney health, and medical history.

2. Build fiber gradually

The book uses 30 g of fiber daily as a goal. Include beans, lentils, berries, vegetables, oats, chia, and flax. Increase gradually and drink adequate fluids to limit bloating.

3. Add color and variety

Choose mostly minimally processed foods, plants, healthy fats, and protein sources you enjoy. Meal timing can be individualized; consistent, nourishing meals matter more than aggressive fasting.

Build-a-plate prompt
Protein anchor + colorful plants + fiber-rich carbohydrate + satisfying fat. Example: salmon or tofu, roasted vegetables, lentils, and olive oil.

My meal makeover

Meal	What I usually eat	One easy upgrade
Breakfast	_____	_____
Lunch	_____	_____
Dinner	_____	_____

This week: Add a protein source to breakfast and one extra fiber-rich food to a meal.

Nutrition: Your Personal Plan

You do not need to count everything forever. A short check-in can reveal patterns and make meal planning easier.

Protein and fiber ideas

Protein anchors	Fiber boosters
Greek yogurt, eggs, cottage cheese	Berries, oats, chia or flax
Fish, chicken, lean meat	Lentils, beans, vegetables
Tofu, tempeh, edamame	Whole grains, nuts, avocado

Three easy meals I can repeat

Breakfast

Lunch

Dinner

My grocery list

Protein foods

Plants and fiber

Progress check: Did I feel satisfied? Was my energy steady? Was this practical to repeat? These observations matter as much as hitting a number.

One nutrition habit for the next seven days

Foundation 2: Strength, Not Skinny

Chapter 15 reframes exercise as training for the life you want to keep living. Strength, cardiovascular fitness, mobility, balance, and recovery each have a role.

A realistic beginner framework

• Strength: Begin with one or two full-body sessions each week; gradually work toward two or more. Include pushing, pulling, squatting, hinging, and carrying as appropriate.

• Cardio: Walk, cycle, swim, or choose another activity you can sustain. Build toward standard activity guidelines as tolerated.

• Balance and mobility: Practice brief, frequent sessions. Try supported single-leg standing or gentle range-of-motion work.

• Impact and power: Consider later if appropriate for your bone health, joints, pelvic floor, and training experience.

• Recovery: Sleep, nutrition, and rest days help you adapt.

> Start where you are. If you are sedentary, walking and learning safe strength-training technique are meaningful first steps. If you have pain, prolapse symptoms, significant osteoporosis, or medical limitations, ask for individualized guidance.

My movement starting point

This week	My plan
Strength sessions	_____
Walking / cardio	_____
Balance / mobility	_____
Rest / recovery	_____

Movement: Plan Your Week

You do not need an intense workout every day. A sustainable plan is more useful than a perfect plan you abandon.

Day	Movement I will do	Done
Mon	_____	☐
Tue	_____	☐
Wed	_____	☐
Thu	_____	☐
Fri	_____	☐
Sat	_____	☐
Sun	_____	☐

Track function, not just appearance

☐ Can I carry groceries more easily?

☐ Can I rise from a chair comfortably?

☐ Am I improving balance or walking endurance?

☐ Do I feel recovered between workouts?

One movement goal I can keep

Progression idea: Once a routine feels comfortable, add a little time, resistance, or complexity. Technique and recovery come first.

Foundation 3: Intimacy Is Health

Chapter 16 recognizes that sexual well-being includes desire, arousal, comfort, connection, and choice. Changes are common during midlife, but you do not have to accept persistent discomfort as inevitable.

Understand what is changing

• Desire: Stress, sleep, relationship context, medications, and hormones can all influence interest in sex.

• Comfort: Dryness, burning, or painful penetration may reflect genitourinary syndrome of menopause (GSM) or other treatable conditions.

• Pelvic floor: Both overactive and weak pelvic floor muscles can contribute to symptoms. Exercises are not one-size-fits-all.

Practical starting options

• Use a lubricant during sexual activity; a vaginal moisturizer can be used regularly for ongoing dryness.

• Avoid fragranced vulvovaginal products if they irritate sensitive tissue.

• Discuss persistent pain, urinary symptoms, or dryness with a clinician. Local vaginal estrogen or other treatments may be appropriate.

• Consider pelvic floor physical therapy for pain, urinary leakage, or pelvic muscle dysfunction.

Remember: Intimacy can mean many things, partnered or not. Your comfort and consent matter. Pain is a reason to seek care, not something to push through.

My sexual-health conversation starter

One symptom, question, or change I want to discuss:

Your 7-Day PIVOT Foundations Challenge

Pick a small action in each area. Aim for consistency—not a perfect streak.

Day	Nourish	Move	Connect / Care
1	☐	☐	☐
2	☐	☐	☐
3	☐	☐	☐
4	☐	☐	☐
5	☐	☐	☐
6	☐	☐	☐
7	☐	☐	☐

My three actions

Nourish: One food or meal habit I will practice

Move: One movement habit I will practice

Connect: One comfort, connection, or care step I will take

At the end of seven days

What felt easier than I expected?

What got in the way—and what will I adjust?

Your next PIVOT: Keep one habit going for another week. For deeper lessons, demonstrations, personalized planning, and guided implementation, explore the upcoming PIVOT course at drjenniferroelands.com.

Educational resource based on PIVOT, Chapters 14–16. This workbook is not individualized medical advice. Seek care for persistent pain, bleeding, new urinary symptoms, or other concerning changes.