

Perimenopause 4 Pillars



*Stronger Through the Shift: The Four
Pillars of Perimenopause Health*



successfuel
NUTRITION

Welcome



Hello!

I'm Monica Valle, a Registered Nutritionist based in beautiful Wānaka, New Zealand, and the founder of SuccessFuel Nutrition.

I support women through perimenopause and midlife, using practical, evidence-based nutrition and lifestyle strategies to help them feel stronger, more energised and more confident in their changing bodies.

Perimenopause can bring changes to everything from energy, sleep and mood to gut health, body composition and recovery. My approach is about cutting through the noise and helping women understand what they can actually do to support their health — without restrictive diets, complicated rules or the expectation of doing everything perfectly.

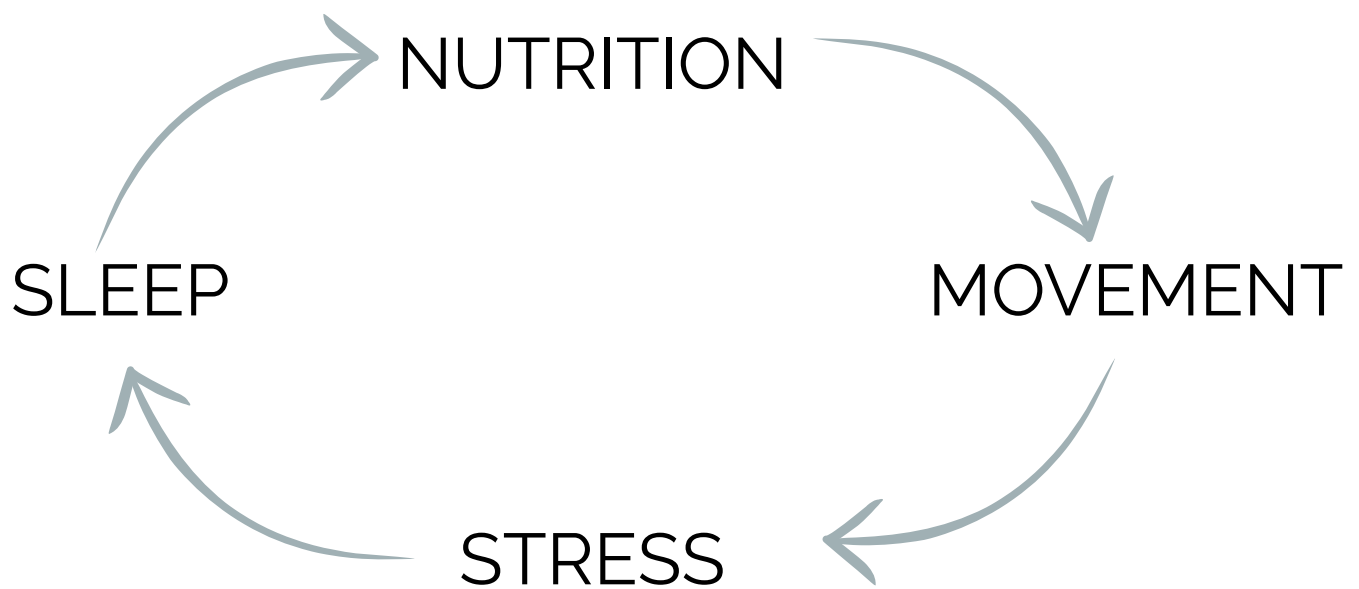
I created this guide around the four foundations I believe are worth coming back to again and again: **nutrition, movement, stress management and sleep**. Inside, you'll find simple, realistic actions you can start putting into practice straight away.

And remember, you don't have to navigate this stage alone. If you'd like more personalised support, I offer one-on-one nutrition consultations where we can look at your individual needs, symptoms, lifestyle and goals and create a plan that works for you.

Here's to feeling stronger and more supported through midlife.

Warmly,
Monica
SuccessFuelNutrition.co.nz

Perimenopause 4 Pillars *of Healthy Ageing*



These four pillars work together to support metabolic health, muscle maintenance, bone health, cardiovascular health and psychological wellbeing.

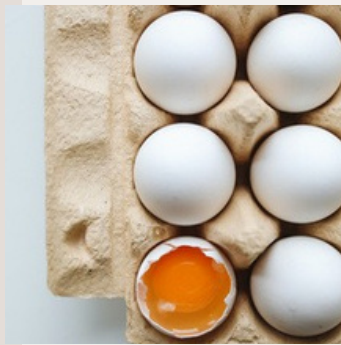
None of these pillars works in isolation. Poor sleep affects food choices, stress influences sleep, nutrition supports exercise recovery, and movement improves sleep quality.

If there's one thing I'd like you to remember, it's that there isn't one food, one supplement or one exercise that's going to fix everything. Instead, it's the small, **consistent habits** across these four pillars that make the biggest difference over time.

Your Daily 30 • 30 • 3

Perimenopause is a time when nutrition matters more, not less. As our hormonal landscape changes, prioritising dietary quality can help support muscle and bone, cardiometabolic health, gut health and healthy ageing.

Nutrition



30g PROTEIN AT BREAKFAST

Start your day with a protein-rich breakfast and aim for around 30g of protein.

Protein supports muscle maintenance and recovery, while a higher-protein breakfast can also help with fullness and appetite regulation.

Eggs • Greek yoghurt • cottage cheese • protein smoothie • tofu

30g FIBRE THROUGHOUT THE DAY

Aim for around 30g of fibre across the day, focusing on a wide variety of plant foods. Fibre supports bowel health, satiety, blood glucose regulation and provides fuel for your gut microbiome.

Vegetables • fruit • legumes • whole grains • nuts • seeds



3 FERMENTED FOODS A DAY

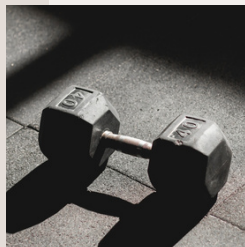
Regularly include a variety of fermented foods to help support your gut microbiome.

Think of fermented foods as adding beneficial microbes, while fibre-rich plant foods help feed them.

Greek yoghurt • kefir • sauerkraut • kimchi • miso • kombucha

Build strength. Keep moving.

As we move through perimenopause, maintaining muscle and strength becomes increasingly important for our metabolism, bones, physical function and long-term health. The goal isn't to exercise harder every day — it's to challenge your muscles regularly and keep your body moving in ways you enjoy.



STRENGTH TRAINING

2-3 × per week

Prioritise resistance training at least 2-3 times each week, using progressive overload — gradually increasing the weight, resistance, repetitions or difficulty over time.



KEEP MOVING

Move your body regularly

Outside of strength training, choose movement you actually enjoy and can sustain.

Walk • hike • cycle • swim • Pilates • run • dance • play sport

Aim to walk and move throughout your day, and consider around 2 sessions of cardio each week alongside your strength training.

Challenge the muscle → recover → adapt → become stronger.

MOVEMENT

Management

Create space to slow down.

Stress is a normal part of life, but chronic stress without enough recovery can affect sleep, energy, mood, appetite and how well we recover. During perimenopause, when our bodies may already be navigating changing symptoms and disrupted sleep, making time to intentionally down-regulate and recover becomes even more important.

DAILY DOWNSHIFT

Make stress management part of your day
You don't need an hour of meditation. Even 5-10 minutes of intentional calm can be a realistic place to start.

MOVE & CONNECT

Find what helps you switch off

Stress management looks different for everyone. A walk outside, catching up with a friend, gardening, listening to music or simply having some quiet time can all create opportunities to step away from constant stimulation and reset.

The goal isn't to eliminate stress — it's to balance stress with recovery.

Deep breathing • meditation • yoga • stretching • reading • time outdoors

STRESS

Protect your Recovery.

Sleep is one of the most important foundations for energy, mood, appetite regulation, muscle recovery and overall health. Perimenopause can make good-quality sleep more challenging, so rather than chasing perfect sleep, focus on creating consistent habits that support your natural sleep-wake rhythm.

SLEEP

CREATE CONSISTENCY

Give your body a regular rhythm
Aim to go to bed and wake up at roughly the same time each day. Soon after waking, get outside into natural morning light and start the day with a glass of water.

**Consistent bedtime • Consistent wake
Morning light • Hydrate on waking**

WIND DOWN

Prepare your body for sleep by creating a calmer environment as bedtime approaches. Reduce bright light and screens, allow yourself time to unwind, and keep your bedroom cool, dark and quiet.

**Dim the lights • Put the phone away
• Relax • Cool, dark bedroom**

Good sleep starts with what you do throughout the day — not just when your head hits the pillow.



Take Control of your perimenopause journey



Perimenopause is a time of change, but it can also be an opportunity to **understand** your body differently and start prioritising what it needs.

The habits you build now matter — not only for managing how you feel today, but for your strength, health and independence in the decades ahead. You don't need to overhaul your life or get everything right. Start with the foundations: **nourish your body, build and protect your muscle, manage your stress and prioritise your sleep.**

Small changes, repeated consistently, can have a powerful impact.

Most importantly, give yourself permission to make your health a priority. You've spent years caring for everyone and everything around you. This chapter deserves some of that same care and attention.

You are not at the end of something. There is so much life still ahead of you — and this is your opportunity to build a body that will carry you strongly through it.

And remember, you don't have to navigate it alone.

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Monica