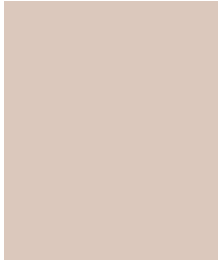
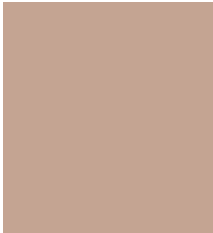


# Nutrition & Fitness For the Mature Woman

Being Your Best After 45 ([www.bestmidlife4U.com](http://www.bestmidlife4U.com))



FITNESS



LIVE  
A  
HEALTHY  
  
Life



EXERCISE



Manage  
Menopause  
Symptoms



Feel  
Good



Enjoy  
Life



Phone: 626-555-1234  
Mobile: 626-555-2580  
Fax: 626-555-4567  
Email: [loveandnature@gmail.com](mailto:loveandnature@gmail.com)



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Being Your Best After 45 ([www.bestmidlife4U.com](http://www.bestmidlife4U.com))

## MANAGING MENOPAUSE SYMPTIONS

### ON-LINE PROGRAM:

There is no need to suffer through the mood swings, hot flashes, weight gain, or sleep disturbances. There are natural solutions and we are here to help you manage your symptoms. We will help you through perimenopaus, menopause and post-menopause. We help you put a diet, fitness and supplement program together that works best for you. We also offer a library of articles, books and on-line resources. Further, there is an on-line blog page and discussion board so that you can discuss your experience with others.

## NUTRITION

It's never too late to start to eat healthy or continue to maintain a health, well-balanced diet. But as you start to experience menopause symptoms your physical needs change and your body's required nutrients change as well. We will work with you to gage your needs and plan meals that work best for you.



## FITNESS



Not every exercise is best suited for your body-type or your schedule. One of our associates will work with you to put an exercise program together that best suits your needs.

## NATURAL SUPPLEMENTS



There is no need to take hormone supplements to help through the changes you may be experience. There are natural supplements that can ease yours symptoms.



*"What you believe can change  
your experience"*

By Staness Jonekos

## RESOURCES

Our on-line library offers a wide selection of articles in large variety of topics. We also offer books that can either be purchased for download to your electronic device or borrowed. We also have many links to websites on this subject matter for your convenience.



## SUPPORT GROUP

You are not alone during this time of your life. It sometimes helps to discuss what other women are experiencing and how they are handling it. Please visit our blog page and discussion board for peer support.

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8910 So. Happy Street  
Live Natural, CA 91101

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Mobile: 626-555-2580  
Fax: 626-555-4567  
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