

# **SHIFT IN HORMONES:**

## **A CURSE OR A BLESSING?**

**Presented By : Marja Captijn**

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# INTRODUCTION

- **Marja Captijn**
- **O&G nurse in Netherlands**
- **Personal trainer, menopause consultant**
- **Presenter menopause summit April 2024**
- **Exercise industry awards finalist 2022**



# ... ALSO ME....



# MY SUPPORT CREW



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# MY SUPPORT CREW



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# MY VALUES AND MISSION

- Respect to others and self
- Humor
- Empathy towards self and others
- Learning
- Balance
- Connection

**My mission: every woman in new Zealand is aware of and feels empowered to deal with the (peri)menopause with a great set of tools**

# MY STORY



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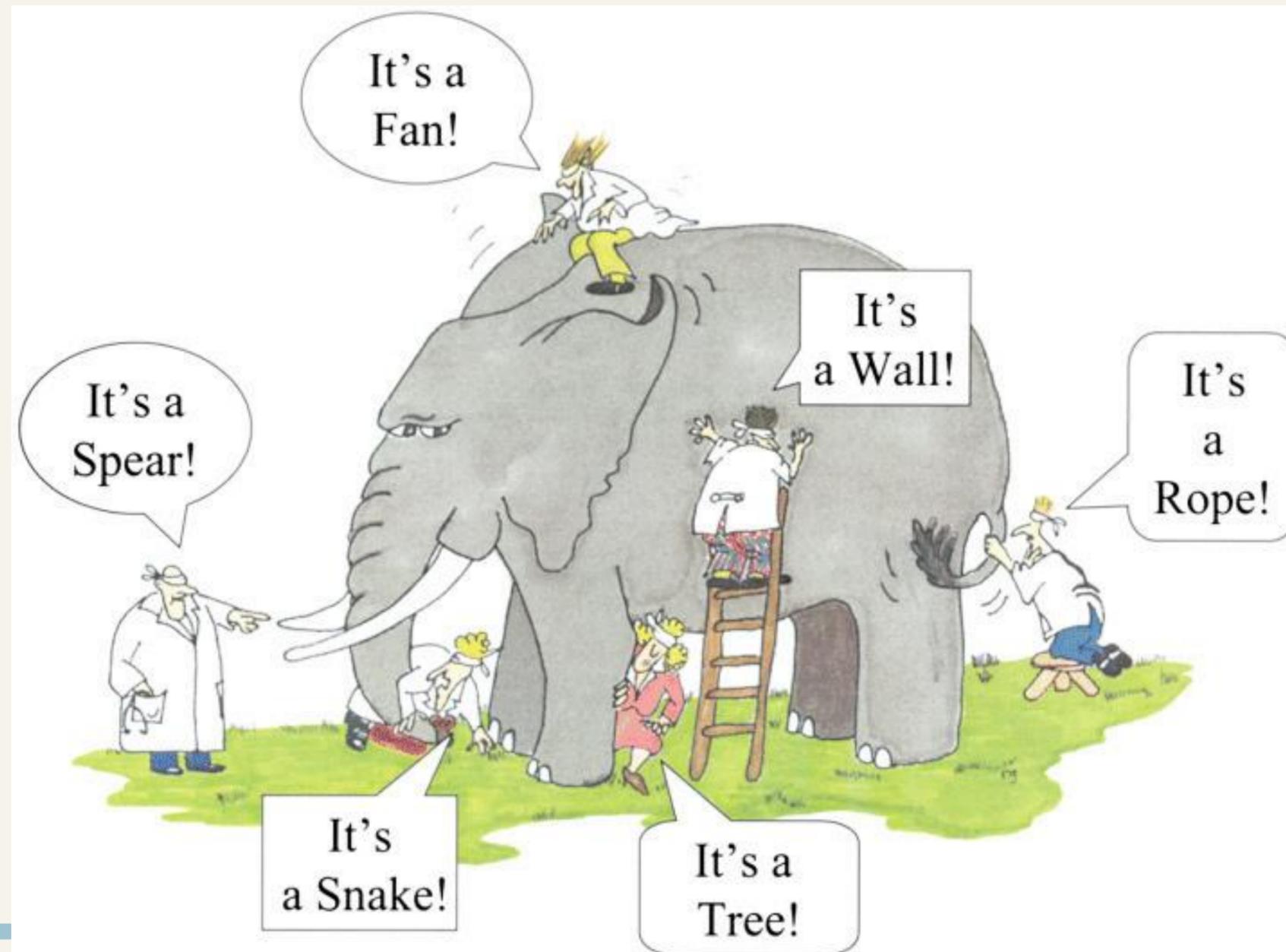
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# HOW MY EXPERIENCE CHANGED ME

- **Not just network, but tackle them before they suffer**
- **Presentations through the South Island**
- **Hubby's support**
- **Education of hairdressers, beauticians, pt's, workplace etc**
- **Coaching (peri)menopausal women**
- **Evidence based information, connecting women**

# CONNECTING THE DOTS



# HOLISTIC APPROACH

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1. Stress
2. Nutrition
3. Movement
4. Sleep
5. Connection
6. Medication/supplements
7. Unplanned events, aka shit hitting the fan



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# WHAT WOMEN TOLD ME

- **The big SHOULD stick**
- **Lot of shame and failure**
- **Women seek help when they can't cope anymore**
- **Acknowledgement of feeling**
- **A long wait to get help**
- **Relationship**

# WORTH LISTENING TO



Podcast

## You Are Not Broken

Kelly Casperson, MD

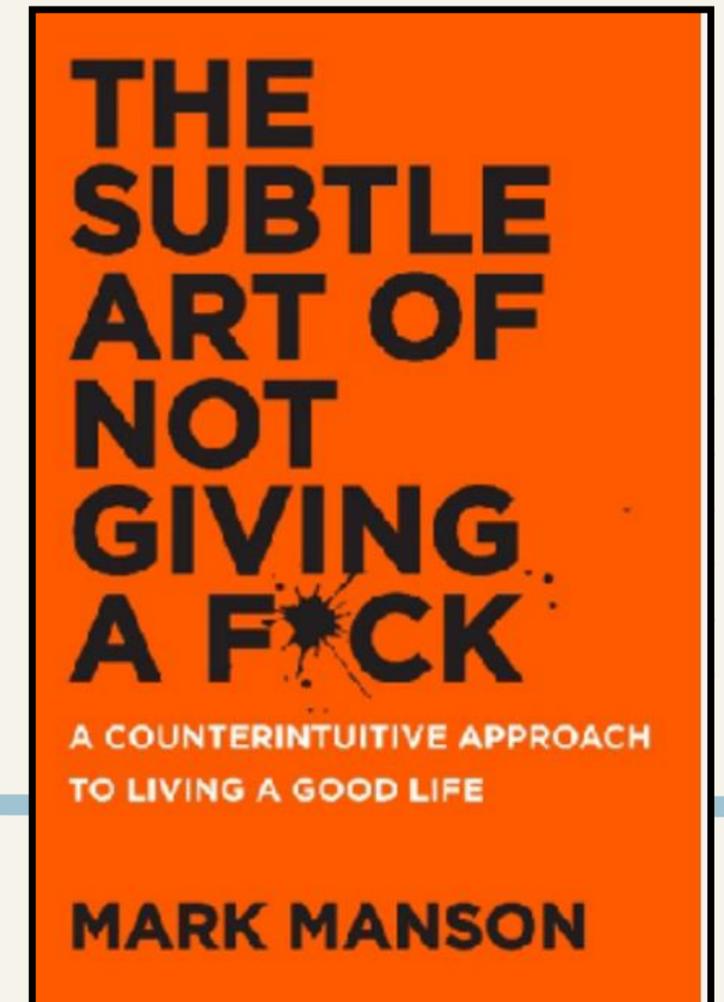
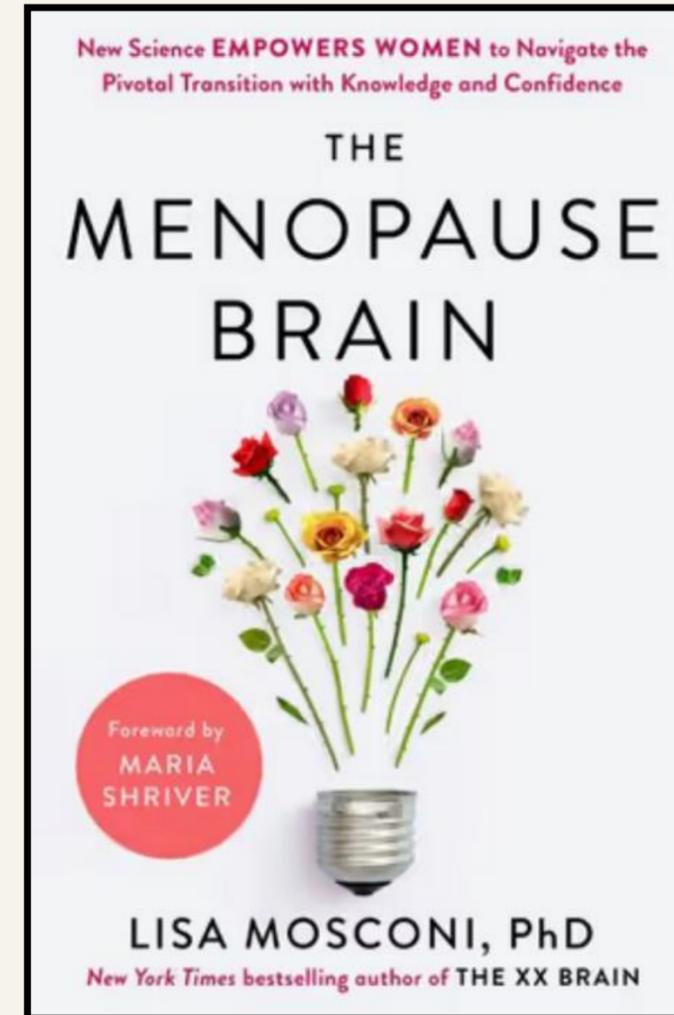
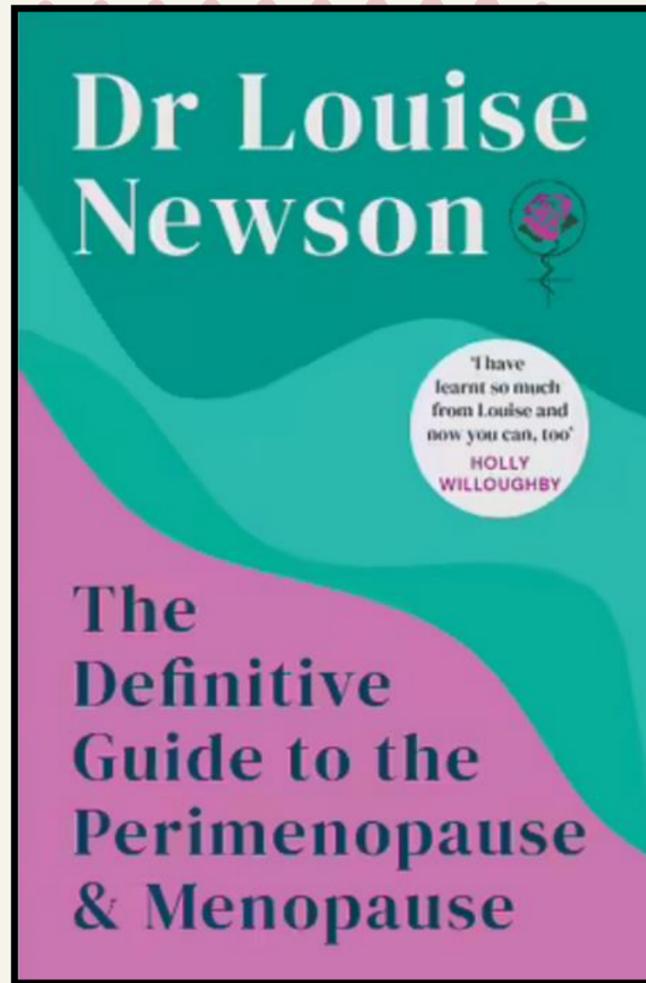


Podcast

## The Dr Louise Newson Podcast

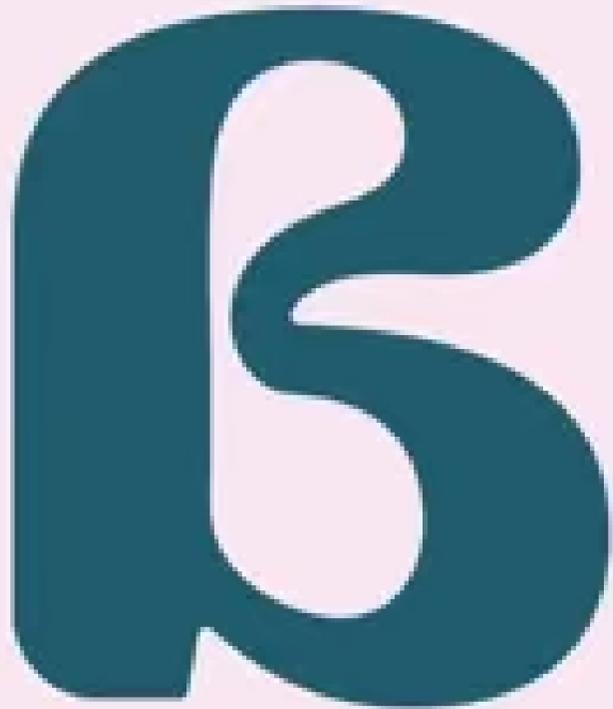
Dr Louise Newson

# READING TIPS



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# WORKING WITH

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**Balance app from Newson Health group:**

- **tracking symptoms, periods**
- **news articles**
- **sleep monitoring**
- **way more!**

# WORTH EXPLORING

- **Lisa Mosconi TED talk: the menopause brain**
- **FB: connectingthedotsNZ**
- **YouTube: Dr Jen Gunter, the menopause manifesto**
- **Davina Mccall: sex, myths and the menopause**
- **Australasian menopause society**



# FREE COURSE

**Newsom HealthGroup has a free course about the (peri) menopause:**

**<https://newsom-health.teachable.com/p/confidence-in-the-menopause-free-taster>**

# SO..... HORMONE CHANGE: A CURSE OR A BLESSING?



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# QUESTIONS ?

FOR  
MOVING  
LIFE

A holistic approach to...

- Personal training
- Group sessions
- Yoga
- Lifestyle medicine

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