

## **Fit at 40 and Beyond: How to Mitigate Hormonal Weight Gain Due to Perimenopause and Menopause with Jennifer Temperley**

### **Episode 15: Show Notes.**

Weight gain during perimenopause and menopause is a concern for a lot of women, but today's guest wants you to know that those excess pounds aren't inevitable. Jennifer Temperley believes we don't have to decline as we age, we should accelerate! Jen is a Triathlon USAT Certified Coach, personal trainer, certified spinning instructor, and competitive triathlete with over 15 years of experience. A division one collegiate swimmer and a USAT top-ranked triathlete, Jen is a true competitor. She transferred her passion for exercise into her business, Climb Fitness, where she empowers people to make changes to their current lifestyle. Her philosophy is that time spent exercising will be multiplied in terms of extra energy and a better ability to handle life's ups and downs. As a married mother with two busy children, she understands that there are many facets to training, not least of which is life balance. Tune in to hear her advice for adapting your fitness routine, making simple daily changes, and getting the necessary nutrition, as well as embracing recovery days and realizing your potential!

### **Key Points From This Episode:**

- Jennifer introduces herself by explains who she is and what she does.
- Like every industry, Jen believes you have to move and evolve in the sporting industry.s
- Common misconceptions in the sporting world when it comes to women's physiques.
- How women can adapt their fitness routines and mitigate hormonal weight gain due to perimenopause or menopause.
- The importance of making simple daily changes at first rather than drastic shifts.
- Jen outlines her weekly fitness routine and how it has changed during COVID.
- Find out how Jen gets the necessary nutrition after pushing herself physically.
- Jen doesn't like the word diet; she prefers "a way of living" that is enjoyable, sustainable, healthy, and manageable.
- What Jen's recovery days look like now and why she fully embraces them.
- Hear a bit about what to expect from Jen's new program coming out this year.

### **Tweetables:**

"We don't need to decline as we age, we need to accelerate." — @climbfitness **[0:06:26]**

"It's all about quality now. It's having purpose in every single thing I do." — @climbfitness **[0:14:33]**

“30 minutes, two to three times a week, if it’s the right activity, it can really make a difference.” — @climbfitness **[0:14:57]**

“It’s a way of living. Find something that is sustainable for you, something that makes you feel good, and is healthy, and is manageable.” — @climbfitness **[0:18:54]**

“At the end of the day, I want to push people. I want them to realize their potential.” — @climbfitness **[0:27:19]**

### **Links Mentioned in Today’s Episode:**

[Jen Temperley on Twitter](#)

[Jen Temperley on LinkedIn](#)

[Jen Temperley on Instagram](#)

[Climb Fitness](#)

[The Menopause for Athletes Course](#)

[Betty Designs](#)

[Britt Anderson](#)

[Britt Anderson on Instagram](#)