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janine_delaney  Edited · 249w
#ad This is what 50 feels like 🙏

As many of you know I hit THAT milestone birthday around one month ago 😬 and I have to say it honestly hasn't been all that bad. I still feel pretty good, have plenty of energy & yeah I've kinda been getting use to some of those expected changes we've all heard about since we were little girls - you know, the M word 🤔



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For all of you ladies out there who are wondering what menopause is really like, I'd be happy to share my experiences and help take some of the mystery out of what most people don't like to talk about...and for those of you gals who are right there beside me, I totally know you'll relate 🤗

I'll start by saying the changes are very subtle, so don't worry one day you'll wake up feel like a completely different person. Just pay attention to your body



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person. Just pay attention to your body and be proactive. Admitting you are THAT AGE is part of the battle 😂 Embrace it Run with it 🏃 Let's face it we have no other choice 🙄

That said, probably the most annoying thing I've had happen the past year is waking up with night sweats. I had the same experience after giving birth to my two daughters and was told it was due to hormonal fluctuations. Well I can feel it happening again and I'm not going to



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to hormonal fluctuations. Well I can feel it happening again and I'm not going to lie, it's not very fun 😞

Thankfully we live in a day and age where we have new advances and lots of support from other women to help understand the symptoms and treatments of menopause better.

That's why I'm excited to announce my partnership with @equelleofficial and advocate for more conversation around



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advocate for more conversation around a topic most people consider taboo. If you have a story to share I'd love for you to tell us all about it. Simply add #livehotstaycool to your post and remember "Your still HOT it just may come in flashes" 🔥😂

Love ya ladies 🥰

@janine_delaney #janine_delaney
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