



equelleofficial

theflawedyogini



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lorrainecladish Edited • 242w
#ad Having been active my entire life, I can attest to the countless benefits of working out. I was a fitness instructor in my 20's and 30's, I've been a runner from a young age, and through the years I've also enjoyed jazz, modern and ballroom dancing, and yoga.

Yoga has proven to be so beneficial to me in midlife that in the past year I became certified as a yoga teacher (RYT500), specializing in the 50+ population. If you're going through #menopause and having trouble getting motivated to work out, think of the improved quality of life you will enjoy when you get moving on a regular basis.

Keep in mind that the hardest part is overcoming the initial muscle soreness if



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Keep in mind that the hardest part is overcoming the initial muscle soreness if you lead a sedentary life.

Once you've pushed past that, working out becomes less of a chore and, as your body becomes more conditioned, you will experience a mindshift.

Walking or running, doing core workouts and using your body weight for resistance exercises are all great ways to keep active in midlife. I also suggest taking supplements to complement this exercise routine.

I'm wrapping up a 12-week trial of @EquelleOfficial as an option to help alleviate the frequency of hot flashes associated with menopause[†]. I am happy to report that after a few weeks of



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associated with menopause[†]. I am happy to report that after a few weeks of taking EQUELLE, I noticed that my hot flashes at night were not as frequent. Before #EQUELLE, I usually had to get out of bed at least once a night to change and even put a towel underneath me.

I'd say the frequency is down from four to five nights a week to two or three. That's a big improvement

The active ingredient in EQUELLE is S-equol, which is naturally derived from a plant compound.

It is a non-hormonal[‡] dietary supplement that can help women feel their best.



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It is a non-hormonal[‡] dietary supplement that can help women feel their best.

To learn more about EQUELLE check out the link in my bio.

Visit VivaFifty.com for my workout plan for women experiencing menopause!

#livehotstaycool #menopauseawareness
- †This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ‡ Free from human or animal hormones. Contains trace amounts of isoflavones, a type of naturally occurring plant hormone.



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