



MIDLIFE CORE RESET

MOVINGTHROUGHMIDLIFE.COM

Understanding what may be causing your midsection weight

CHECKLIST



BREATHING

Our core is a pressure system and if you are not breathing properly than your core muscles (abs) can become weak.



POSTURE

If you are not holding yourself with proper posture throughout the day than you will suffer with weak or overworked muscles that create pain and tension.



CHECK FOR DIASTASIS RECTI

Check to see if you have Diastasis Recti as this may be why you are dealing with the belly pooch so therefore we need to work on strengthening and healing the area



MOVEMENT

Movement goes beyond exercise and becomes every move you make during your life, so make sure you are moving all your parts often.



NUTRITION

What you are eating may be playing a part in your mid-section weight. If you are eating a lot of carbs and sugary foods your insulin is affected and insulin creates more weight gain at the mid-section



HORMONES & STRESS

Hormones are like a roller coaster; so we need to make sure we understand our cycles and how we should be nurturing them.

FOCUS ON BREATHING



I know it may seem odd to focus on breathing but if you think about it, your core is where your abdominal wall is and it is also where all of the pressure is when you breath.

Take a deep breath in for me. Do you notice the pressure that is in your core right now? This pressure if not being controlled could be creating a Diastasis Recti, could be causing stress and pressure on the pelvic floor (think problems like leaking urine), or just creating pressure out and down on the abdominal wall creating that low belly pooch.

Your diaphragm is a muscle and if you are not fully expanding and contracting the diaphragm it could be creating undue pressure down towards the pelvic floor, out toward the front core muscles, or up in the chest and neck creating tension and tightness.

It is important to begin working on breathing in a 360 pattern to get the ribs moving fully, so that the diaphragm will move through its full range of motion which in turn will activate the pelvic floor with each breath and fire on the abs in a natural way that keeps all those core muscles firing properly throughout the day.

CHECK YOUR POSTURE

Prefer to watch the video?
Click the box below for a
video explanation:

*Watch the
video*



- 1 Lay on your back again and place your feet on the ground, knees bent like you are going to do a sit up again.

Place your hands in a triangle with the heel of the hand at the the hip bones, the finger tips above the pubic bone, and bring the fingers and thumbs together into a triangle.
- 2
- 3 Lift your head gently and see if your thumb and fingers are aligned in a straight line. If finger are higher than tilt your hips up a bit until they are even; if your thumbs are higher than tilt your pelvis so they become neutral with pubic bone coming up higher.
- 4 Than place your hands on your ribs, right below your chest. What do your ribs feel like? Do both sides of the rib feel like they are the same or do you notice one side is higher than the other?
- 5 Do you notice the ribs are higher and the belly drops almost like you are sucking in? This is a rib flare and can create a belly pooch because the pressure when you breathe is hollowing out up top and pressing down.

CHECK FOR DIASTASIS RECTI

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*Watch the
video*



- 1 Lay down on your back and put your feet on the floor like you are getting ready to do a crunch or a sit up.
- 2 Place three fingers parallel to your belly, gently pressing down towards the belly button. Notice if the area is soft and squishy or if it's firm.
- 3 Bring head up off the folder, don't bring shoulders up, with head lifted do you notice the area gets squishier or less squishy. Also notice, how are the abdominal muscles coming together. Is there a space in between them? How many fingers can you put in the space?
- 4 Complete the same thing about an inch above the belly button and an inch below the belly button and see if its similar, squishy or firm and if the abs are separated or come towards one another.
- 5 If your abs are squishy or if they are separated you have Diastasis Recti. Depending on the severity and whether or not the area firms up when you press down will depend on what action you should take. Email me at courtney@formfitnaples.com to schedule a call to discuss further.

IT'S MORE THAN JUST EXERCISE

It is definitely important to get exercise in at least a few times each week, especially as you get older. Focusing on strength training as a part of your weekly exercise routine will provide you the most bang-for-your-buck so to speak.

In addition to exercise, you must make sure you are moving. Here are some ideas to help you stack the habit of movement into your daily life.

- Practice deep breathing while coffee is brewing
- Counter pushups after you wash your hands
- Plank workout in the kitchen while dinner is cooking
- Foam roll while watching TV before bed
- Jumping jacks while you are waiting on your children to get out the door



When you think about movement, don't just think about the big movements throughout the day; it is also important to look at the micro-movements throughout your day. We can spend hours a day sitting in one spot on the couch, but if instead you moved to the floor, you will notice that you won't be able to sit in the same position for very long. These movements are micro-movements for the hips and can change how you feel throughout the day as well.

NUTRITION & BLOOD SUGAR

A few things to focus on!



- 1 Make sure you are eating enough protein and fat at every meal. I usually recommend a palm size of protein and thumb size of fat.
- 2 Make sure you are eating fiber such as vegetables and fruit to help you get the micronutrients you need. If you are lacking key nutrients your body may be in an inflamed state which will increase the belly bloat.
- 3 Try to eat 3 square meals in a day. Gone are the days of snacks every 2-3 hours; unless you become hungry. The goal is to eat more adequate meals to avoid snacking.
- 4 Focus more on what you can add to your diet, rather than what you need to take away. My programs are designed to encourage you to eat more fruits and vegetables and not deprive you of the things you enjoy.
- 5 Understand your food trigger. The more in tuned you are to your body, the more you will begin to recognize what your body is able to tolerate and what bothers it. This will help to keep gas and bloating down.

STRESS & HORMONES

Stress is difficult to avoid, yet how we respond to stress can make all the difference when it comes to our midsection. When you are stressed, your body creates a cortisol response, which pushes insulin through the bloodstream so that you have the energy to deal with the stressor. Unfortunately, most of our stressors today are not the fight or flight kind, instead we end up sitting through the stress and the insulin that is pumped into the bloodstream is not used, and instead is stored in our mid-section. The more we can learn to manage our stress and find tools to help keep micro-stressors at bay the better off we will be.

Hormones are also a huge factor (cortisol being one of them), and most of us after having children are on the roller coaster ride through menopause, so it is important to learn how to support your hormonal cycle so that you aren't creating undue stress and inflammation to the body.

I'd love to hear from you to see what you feel may be causing your belly pooch from the information above. I might be able to help you with your specific problems and if not, I can direct you to the person who can.

If you would like to start reconnecting to your core and begin working on moving better through mobility, posture, and balance, then you will want to take a look at our [Midlife Movement Program](#).

If you are not sure if you are ready for this program, that join our community and each month we will focus on something to help you get you closer to your goals.

Join our
Community