

# **SHIFT IN HORMONES:**

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

**Presented By : Marja Captijn**

**May 2024**

# INTRODUCTION

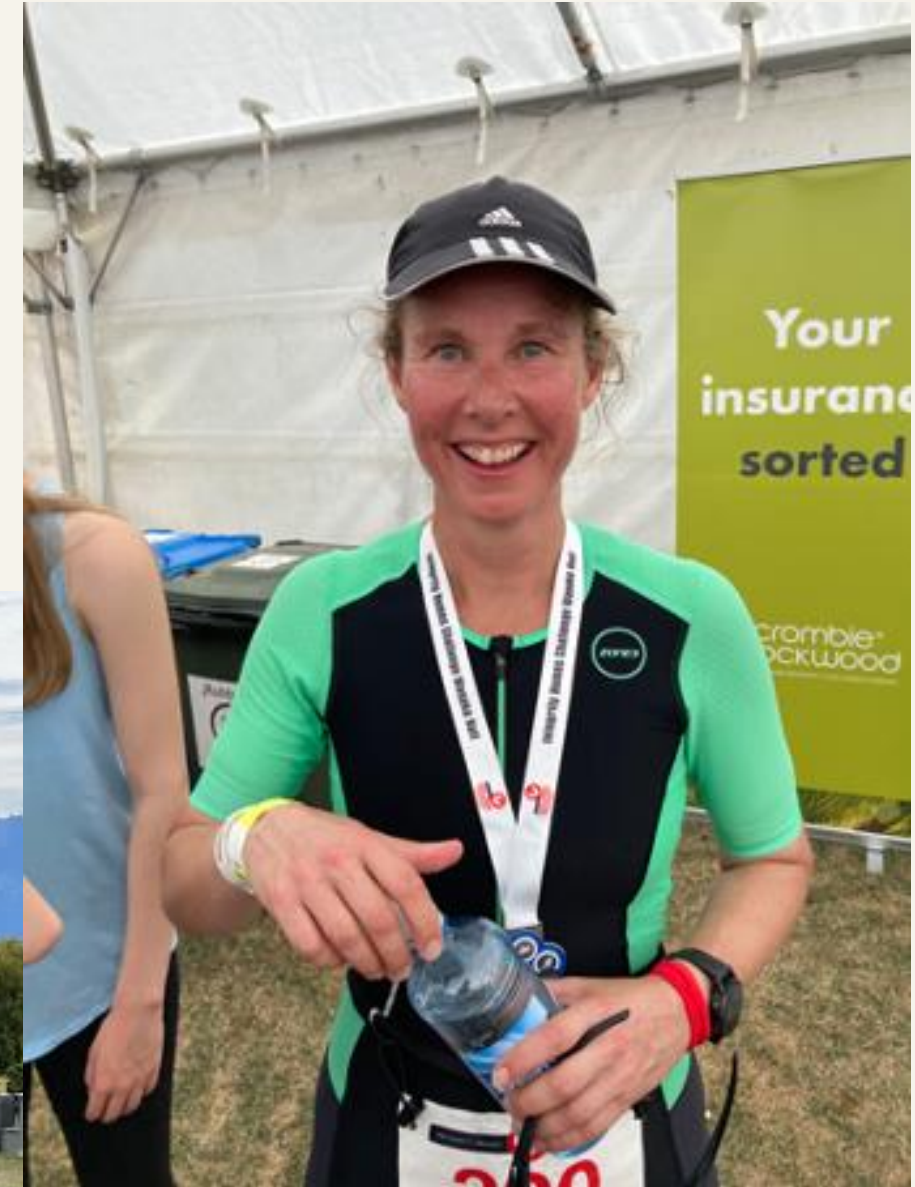
- **Marja Captijn**
- **O&G nurse in Netherlands**
- **Personal trainer, menopause consultant**
- **Presenter menopause summit April 2024**
- **Exercise industry awards finalist 2022**



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# ... 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





# MY STORY

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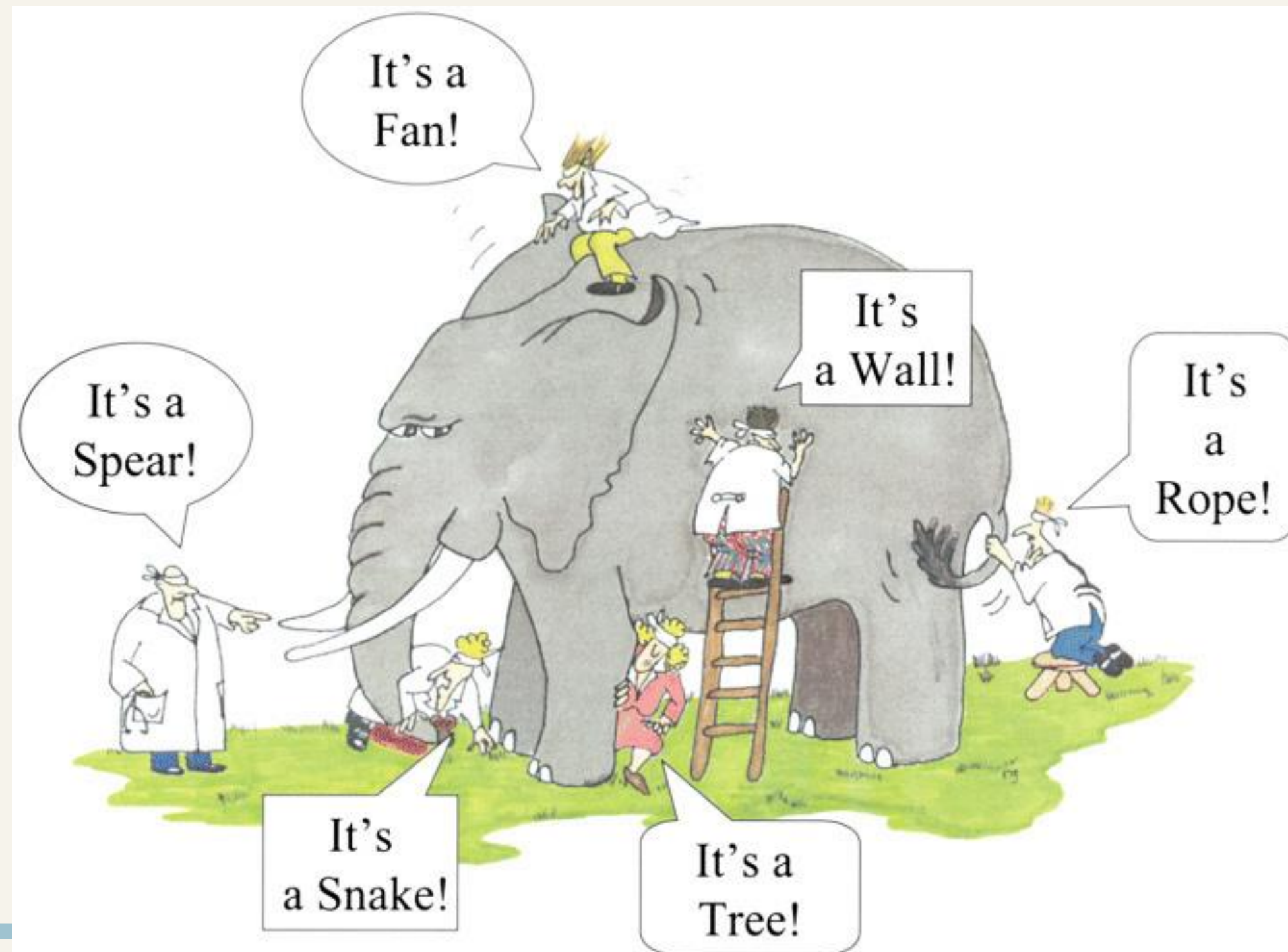


# HOW MY EXPERIENCE CHANGED ME

- **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

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



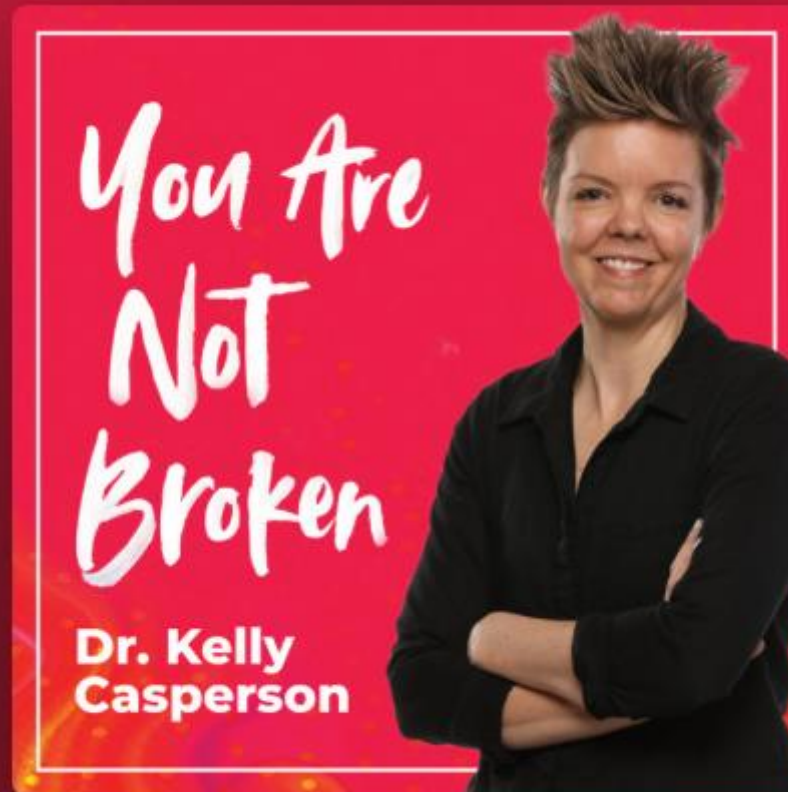
# WORTH LISTENING TO



Podcast

## The Dr Louise Newson Podcast

Dr Louise Newson



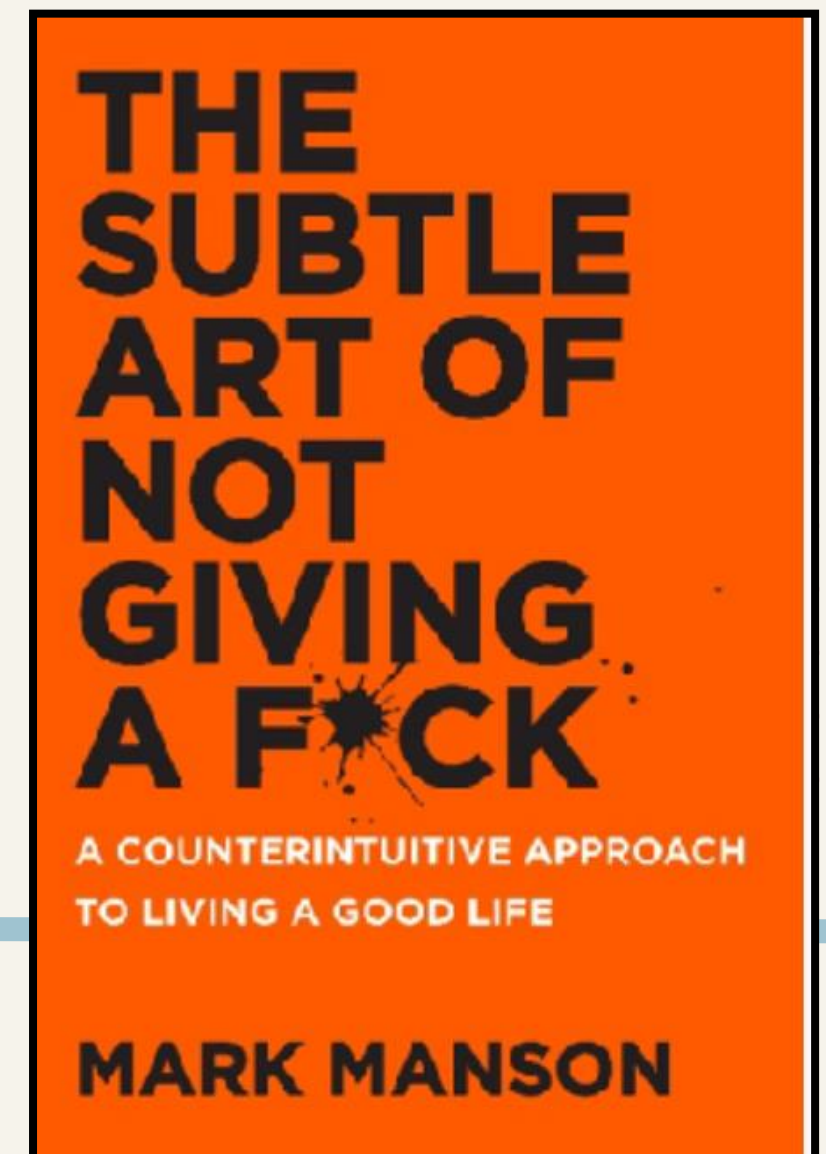
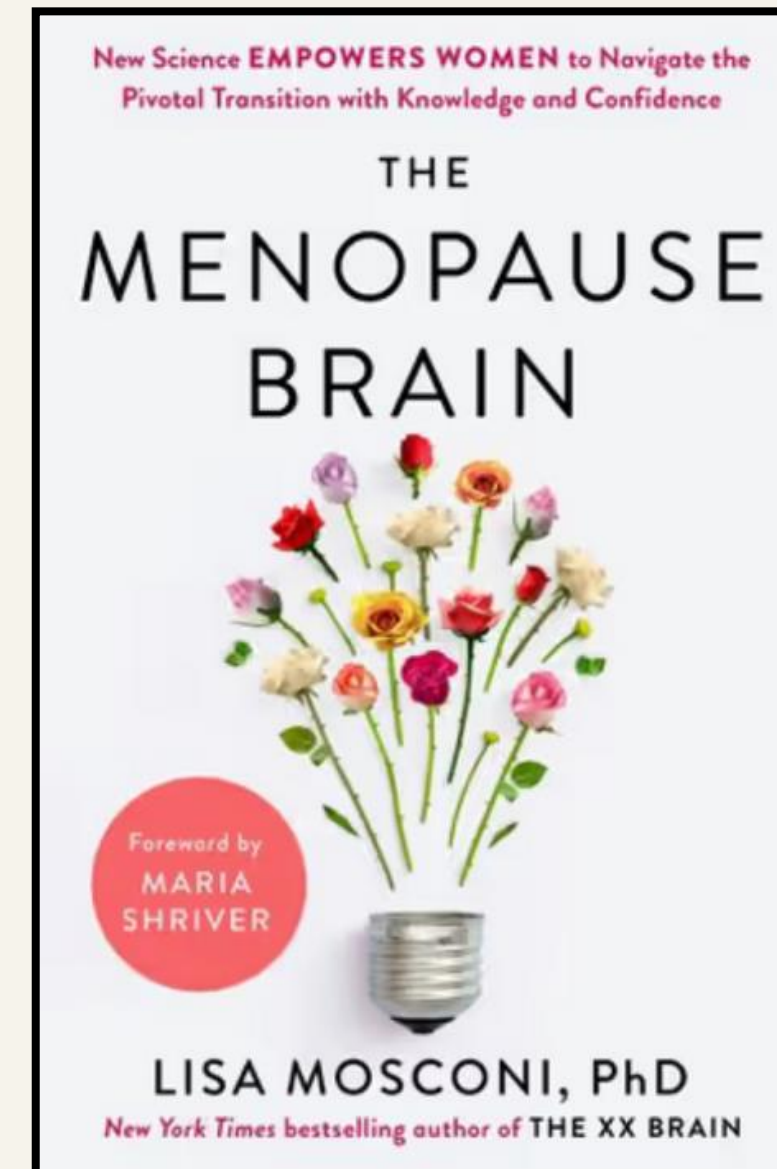
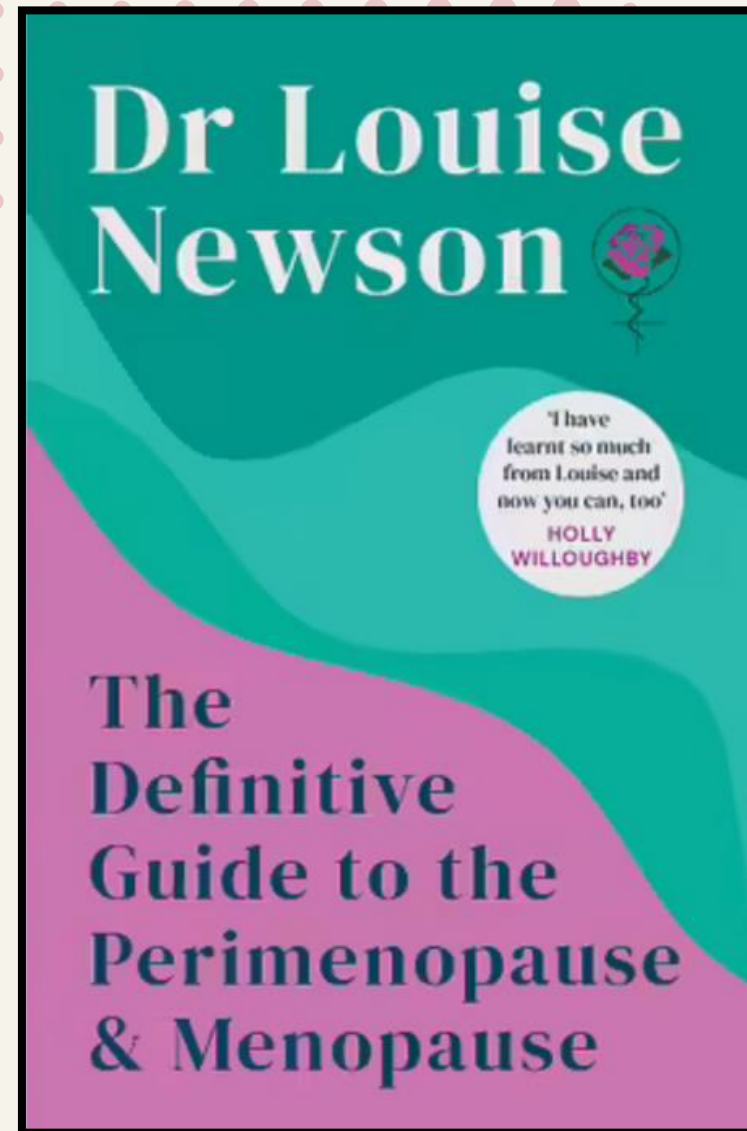
Podcast

## You Are Not Broken

Kelly Casperson, MD



# READING TIPS



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# WORKING WITH



**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 ?

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A holistic approach to...

- Personal training
- Group sessions
- Yoga
- Lifestyle medicine

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