

GOLDSTER★

WOMEN'S WELLNESS:
FOOD, BODY, HORMONES





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WOMEN'S WELLNESS FOOD, BODY, HORMONES

Never before have women had access to so much information about their hormones, health and wellbeing.

The evidence of the importance of healthy living for now and for ageing is undeniable.

Yet this can feel like quite a pressure sometimes. Not helped as our Western food world is complex, challenging and sometimes contradictory.



So much said and written, so many foods, so many ways to eat – where and how do we start to make sense of this? And why do many women have a difficult relationship with food? How best to use and enjoy food - to improve wellness, build hormone harmony, and nourish ourselves?

These are questions that we hope to answer on this course. The aim of the course is to help you build a more positive and satisfying relationship with food, your body, your hormones, whatever your time of life.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

This 6 week interactive course will be about nourishing wellbeing for women. We will be focusing on the practical side of daily cooking and eating - what, when and how, and also some emotional aspects of self-care and nourishment.

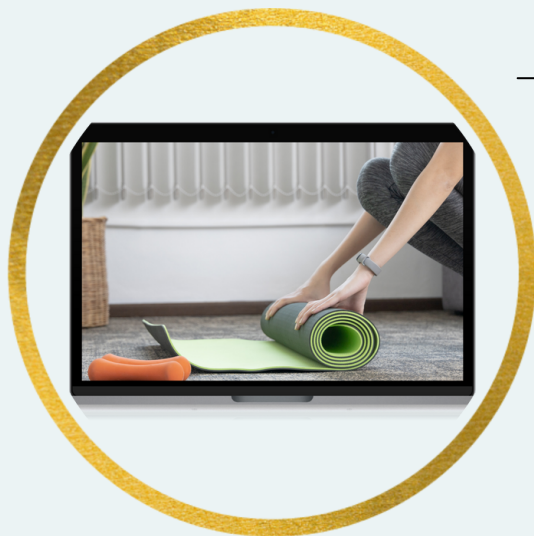
Each session will have a different theme. We will share some information, include an interactive exercise, allow plenty of time for questions, and give you a goal or challenge to take away.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Introducing Women's Wellness

We will start by thinking about what it is to have wellness and introduce the idea of nourished living. For women this can be much to do with hormones, not just the sex hormones, whatever stage of life we are at. We can choose to help our hormones do their jobs through how much care we take of ourselves, including being kinder to ourselves. We will cover:

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- An overview of the main hormones.
- What we are covering on this course (the foundations of self-care for wellness).
- Getting motivated to improve your self-care.
- Time permitting, to finish with a peaceful meditation.

Week 2 - Female-Friendly Food (what to eat and drink)

Let's try to cut through the minefield of information out there on food and drink. Get back to basics and think about what women need to nourish themselves well by providing an overview of eating well. Bring your practical food and drink questions along!

We will cover: -

- What blood sugar (glucose) balance is.
- Hormone friendly eating.
- A special mention about protein and fat for women.
- Snacks and drinks.

Week 3 - Building a Better Relationship with Food

We might know all the 'right' things to eat, yet struggle to do this. Quite often it is how we eat that interferes - perhaps because of hormones, cravings, stress and ignoring our bodies - particularly if women have dieted much in the past. In this session we will be joined by Lisa Unger, a Nutritional Therapist specialising in Emotional Eating.

We will cover: -

- An introduction to mindful eating with a mindful eating meditation.
- Why women use food to cope with emotions & stress.
- Thinking about cravings for food and drink.
- Lisa's EFT practice for cravings.

Week 4 - Ageing Well

To have a good quality older adult life is something that all women want. This means looking after our minds, brains and bodies in the best way we can. As soon as we can - because how we live now, impacts our ageing. In this session we will be joined by Goldster's 'Ageing well' expert, Susan Saunders. Please bring along your questions for Susan on ageing and brain health.

We will cover: -

- What happens as we age, and does it mean we have to 'get old'
- Some practical ideas and tips on living well now, for the future.
- From Susan, healthy brain ageing and reducing the risk of dementia for women.

Week 5 - Relaxation and Sleep

It is a sad reality that sleep becomes more elusive as we age. And do we really ever relax? Changing hormones, busy lives, stress all play a part here. In this session we will be talking about relaxation before we welcome the return of Mindfulness Meditation teacher, Alison Bale.

We will cover: -

- Why sleep and relaxation are different - yet both necessary.
- Why does sleep get harder for women as we age?
- What does relaxation mean to you?
- A relaxing meditation from Alison to finish.

Week 6 - Women and Movement

Humans evolved to move, no doubt about it. Yet the way we live now can make that so very difficult. It takes time, commitment, motivation, plus women are unfortunately great at creating many other barriers to getting moving. In this final session of the course we will be joined by Goldster's Tim Harris to talk about the most important types of exercise for women's wellness.

We will cover: -

- The difference between movement and exercise, why we need both.
- Why is it so hard to start? Barriers to getting moving.
- Tim's expert advice on the optimum ways to start, and continue, exercising for women.

YOUR JOURNEY

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WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Cathy Houghton

Personal Trainer and Health Coach to Women

Expertise: Menopause wellbeing, eating disorders and weight loss

Cathy coaches women from pre to post-menopause to build a better relationship with their food and bodies. Whether recovering from disordered eating such as binge eating, and/or exercise, or wanting sustainable weight loss, or simply getting nourished in midlife, I am here to help.

Cathy's wellness work includes nourishment, navigating the mid life transitions, ageing well, and investing in health now for a better quality of life later. As a Personal Trainer (with a specialism in menopause movement) I coach women online in efficient, beneficial, and bespoke exercise. My vision is to help women WANT to move - in the best ways and amounts for their bodies, their enjoyment, their life.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

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WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

