

Your midlife health checklist

Understanding midlife weight gain



Use the **first section** to guide a conversation with your primary care provider — these are targeted, evidence-informed starting points, not a diagnostic list.

Use the **second section** as your personal action plan from Coral's care team. You don't need to do everything at once. Start with one.

To explore with your primary care provider

Bring this page to your next appointment. These tests and conversations give you a clearer baseline.

METABOLIC & BLOOD SUGAR

- ☐ **Fasting glucose**
Baseline measure of blood sugar regulation
- ☐ **HbA1c (glycated hemoglobin)**
Reflects average blood sugar over the past 3 months
- ☐ **Fasting insulin**
Can reveal early insulin resistance before glucose rises
- ☐ **Lipid panel**
Total cholesterol, LDL, HDL, triglycerides

HORMONAL & THYROID

- ☐ **TSH (thyroid-stimulating hormone)**
Thyroid dysfunction can mimic metabolic changes in midlife
- ☐ **Vitamin D (25-OH)**
Affects metabolism, mood, and muscle function
- ☐ **Cortisol (morning, if indicated)**
Ask your doctor to check for signs of chronic stress exposure, such as increased waist circumference or high blood pressure.

NUTRITIONAL

- ☐ **Iron & ferritin**
Low ferritin causes fatigue, disrupts sleep and activity

SLEEP

- ☐ **Talk to your provider about sleep quality**
Mention if you wake unrefreshed, feel exhausted during the day, or have been told you snore or stop breathing at night
- ☐ **Ask about a home sleep test**
Sleep apnea is underdiagnosed in women and worsens metabolic health — a home test is non-invasive and widely available
- ☐ **Discuss vasomotor symptoms**
Hot flashes and night sweats disrupting sleep deserve treatment

CARDIOVASCULAR

- ☐ **Blood pressure check**
Cardiovascular risk increases post-menopause; know your numbers
- ☐ **Waist circumference**
A simple proxy for visceral fat accumulation

Where you can start — the 4 strategies

Small, consistent steps. Pick one to start. Build from there.

STRATEGY 1

Prioritize your sleep

- ☐ **Set a consistent bedtime and wake time**
Even on weekends — your circadian rhythm depends on it
- ☐ **Make your room dark, cool, and quiet**
- ☐ **Cut caffeine by early afternoon**
Especially if you're a slow metabolizer
- ☐ **Avoid large meals within 2–3 hrs of bed**

STRATEGY 3

Eat to support your metabolism

- ☐ **Protein at every meal, especially breakfast**
Protects muscle and stabilizes blood sugar
- ☐ **Add vegetables throughout the day**
Fibre supports gut health and blood sugar regulation
- ☐ **Be mindful of carb timing and order**
Eat fibre and protein before carbs when possible
- ☐ **Avoid skipping meals or extreme restriction**
Restriction without structure slows your metabolism further

STRATEGY 2

Train your nervous system

- ☐ **Cardiac coherence: 5 min, 3×/day**
Inhale 5 sec, exhale 5 sec. Use a free app for the rhythm
- ☐ **Try binaural beats (alpha/theta range)**
With headphones, eyes closed — good for acute stress moments
- ☐ **Add gentle movement: yoga or a nature walk**
- ☐ **10 min of diaphragmatic breathing before bed**

STRATEGY 4

Build and protect your muscle

- ☐ **Resistance training 2-3x /week**
Most effective tool for body composition in midlife
- ☐ **Add HIIT for visceral fat reduction**
Even 20-min sessions produce results
- ☐ **Sync intensity to your energy levels**
Higher intensity when energy is good; gentler when it isn't
- ☐ **If on a GLP-1: prioritize preserving muscle**
Resistance training prevents lean mass loss during rapid weight loss