

- Find something you love or something you used to love because that will make you keep at it
- If you find something that is effective, you can exercise for 20 mins a day
- Start lifting. Allow yourself a 40 min window
- The hardest thing is starting.
- Stop thinking about exercising for aesthetics. Love exercise to make yourself strong
- Stop chasing unrealistic expectations and start looking at the benefits of exercise
- Focus on diet and exercise and lifestyle changes
- Movement is key in all of this
- When oestrogen declines, we're leaving ourselves open to osteoporosis and lifting is so important because it will build those strong bones which will help us build strong muscles which will keep us moving
- You can still build bone strength from bodyweight exercises
- A lot of women worry about the bulking up side of lifting weights, but you're not going to bulk up, you're going to build lean muscle, strong bones and a healthy heart
- When you're lifting weights you have to focus so much on what you're lifting and your form and that power so that you can't think about anything else other than what you're doing in that moment
- We have to stop thinking that everything we're doing is a short term fix
- This is now a long-term lifestyle change that we have to make and it will be the best thing that we have ever done
- If you exercise, it becomes easier. Do it for yourself, and your future self
- [Trainwithjoan](#) is 75 year old, and is super inspiration
- It's never too late, you are never too old and start lifting those weights