



pause

The Menopause Programme
Powered by The Six Pack Revolution

**Menopause
is tough, but
you're tougher!**



Feel Like Yourself Again

Pause is a 75-day health, fitness, nutrition and wellness programme that helps you manage menopause symptoms, build strength, and *feel like you again*.



Regain energy
& reduce fatigue



Feel calmer &
more in control



Sleep better &
wake refreshed



Boost confidence
in body & mind



Support from
women who *get it*



Rediscover your
strength & vitality



Nutrition

What you eat has a powerful impact on your hormones, energy, and overall wellbeing. Our nutrition plan is designed to work with your body.

- Simple, delicious whole-food recipes
- Family-friendly meals and snacks
- Portion guidance that's easy to follow
- Support for allergen and plant-based diets

Fitness

Exercise can ease symptoms and lift your energy. Our workouts are built to strengthen your body, protect your bones, and support long-term health.

- Home workouts for all abilities
- Joint-friendly strength sessions with weights
- Pilates for posture, balance, and flexibility
- Adaptable to your fitness and daily energy





Support

Your mindset is just as important as your muscles. You'll build resilience, find balance, and feel connected to a community that understands.

- A supportive online community
- Mindfulness sessions for stress and sleep
- Expert webinars on menopause issues
- Daily motivation and accountability



SAVE
£20

Pause is powered by ***The Six Pack Revolution***, the programme that has already transformed thousands of lives worldwide, from everyday people to celebrities like **Sara Cox**.

Now reimagined for perimenopause, menopause, and post-menopause, Pause blends Pilates, mindfulness, and tailored support with ***The Revolution's*** proven formula to help you thrive at every stage.

JOIN TODAY & SAVE £20

Use code PAUSELIVE20

pausebysix.com