



The
MIDLIFE
BODY
REVOLUTION

**ARE YOU READY TO START
YOUR MIDLIFE
BODY REVOLUTION?**



Welcome to the **Midlife Body Revolution**

This is not just another program. It's the beginning of your comeback.

Have you hit that frustrating point where your energy is drained, your confidence is shaken, and you barely recognise the woman in the mirror?

Hormonal changes have left you riding emotional waves, battling stubborn weight gain, and mourning the vibrant, strong version of yourself you used to know.

You've tried it all—every new diet, every trending supplement, every gym class you could force yourself to attend. And while some things worked for a while, nothing ever seemed to stick.

The pounds came back.

The motivation disappeared.

And the blame? It always landed on you.

The truth? You haven't failed. The system failed you.

MIDLIFE IS A NEW CHAPTER—NOT THE END OF YOUR VITALITY, STRENGTH, OR SELF-WORTH. **YOU JUST NEED A NEW APPROACH: ONE THAT UNDERSTANDS YOUR BODY, YOUR HORMONES, YOUR MINDSET—AND YOUR LIFESTYLE.**

YOU'RE TIRED OF QUICK FIXES AND GENERIC PLANS.

YOU'RE READY FOR SOMETHING DIFFERENT THAT ACTUALLY FITS YOU.



www.thelonglifehealthclub.com

Introducing...

The Midlife Body Revolution

6 Week Group Experience

This isn't just another self-help course. The **VIBRANT Blueprint Process** is a **comprehensive, proven framework designed to guide you step by step toward living the life you deserve.**

Over 6 weeks we will work together closely so that you can learn and **implement actionable strategies, gain new insights,** and be **fully supported** to ensure your transformation is **consistent and sustainable** and importantly **fits around your life.**

We'll cover everything from **mindset mastery** to **goal setting, productivity,** and creating a **lifestyle that aligns with your values and dreams.**

This is your invitation to step into a program built for midlife women—by someone who truly understands what you're going through.

Over six transformative weeks, you'll learn how to:

💪 Reclaim your strength and vitality through movement that works with your changing body

🍴 Nourish yourself with simple, sustainable nutrition (no more extreme diets!)

🧠 **Shift your mindset from self-criticism to self-respect and confidence**

🔥 Break free from the all-or-nothing cycle and finally build habits that last

👯 Connect with other women who get it—because they're walking the same journey

This isn't just about a better body.

It's about feeling strong, sexy, and confident in your skin—again.

If you're done trying to "fix" yourself and ready to finally understand, honour, and transform your midlife body—this is your revolution.

Let's rise together.

Join the Midlife Body Revolution.

What's included?

Health questionnaire capturing personal information to base your exercise & food plan	☆
3 Day food diary analysis & nutritional assessment	☆
Form consultation to set goals, intentions and create your personalised action plan	☆
6 x weekly group online coaching calls via zoom. (Downloadable in case you miss it)	☆
Weekly Accountability Activity & Mindset Check Ins	☆
Weekly What'sApp access for questions and ongoing support	☆
Supplement suggestions (if applicable)	☆
Access to specific meal plans and shopping lists fro differing goals	☆
Home/ gym based exercise 6 week plan (equipment list if required)	☆
Weekly habit planning & habit tracker	☆
Access to Long Life Health Club progress checker app for the 6 weeks	☆
Access to a Long Life Health Club nutrition plan including specialist meal plans for menopause, balanced hormone health, gut health, high blood pressure, plant based, low carbohydrate, weight loss injection support, arthritis & heart health plans amongst many more that suits your goals and current issues.	☆
Access to the Long Life Health Club training academy - which contains practical guides, tutorials, workbooks and step by step lifestyle protocols on everything from how to eat out, 10,000 steps a day hack, emotional eating rewire, sleep protocols, meal prep for meetings and so many more invaluable VIBRANT life essential tools for 6 weeks.	☆
21 Day sugar free meal plan challenge	☆
Payment Plan 2 payments of £300	
One off payment £497 (saving 20%)	

JOIN THE WAITLIST

Why This Program Works—When Everything Else Hasn't

You've tried diets. You've tried fitness fads. You've even tried pushing through sheer willpower. And every time, the result is the same: short-term effort, short-term results, and long-term frustration.

Here's why that stops now.

✓ 1. It's Designed Specifically for Midlife Women

Most programs are built for younger bodies—or designed with zero understanding of the hormonal shifts happening in your 40s and 50s. This isn't one of them.

This program is rooted in science-backed strategies for menopause and midlife—not 20-something fitness trends.

✓ 2. It Focuses on Sustainable Change, Not Quick Fixes

You won't find crash diets or punishing workouts here. Instead, we build realistic, doable habits that work with your life and your body—not against them. This is about creating routines you can actually maintain long after the 6 weeks are over.

✓ 3. It Tackles the Root Causes, Not Just the Symptoms

Weight gain, fatigue, low confidence—these are symptoms. We go deeper. From hormone health and metabolic shifts to mindset and self-worth, we address the full picture of why things have felt so hard—and what to do about it.

✓ 4. It Includes Mindset Support (the Missing Piece in Most Programs)

It's not enough to know what to do—you also need the tools to stop self-sabotage, all-or-nothing thinking, and perfectionism.

This program gives you those tools, so you can break the cycle for good.

✓ 5. You're Not Doing It Alone

You'll be surrounded by women who get it—because they're right there with you. With weekly group coaching, community support, and expert guidance, you'll stay accountable, motivated, and supported every step of the way.

This isn't just another plan. It's the last one you'll ever need.

Because when you finally understand your body, and feel empowered—not punished—by your health journey, everything changes.

FAQ's

How quickly can I expect to see results?

Most clients, who commit fully to the course, start seeing mindset shifts and changes within the first few weeks, and have found sustainable new habits by the end of the 6-week process.

Do I need to attend live coaching sessions?

While live coaching is highly beneficial, you can still access all replays and get ongoing support through What's App check in and group member community

Can I access the program content after the 6 weeks?

Yes! You'll have access to all course materials for the 8 weeks from the first day of your coaching, including coaching call recordings, and bonuses, to give you catch up time in case you miss a week.

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End of week 2 of the 6 week plan ✓

6 pounds down, feeling better and still never want to drink again after Sat 😂😂😂 ✓

Shake packed, healthy food packed for a day in London, and I know what I can buy for the rest! ✓

Motivated for week 3 ✓

Helen, Sales Director, London

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It is so amazing that I am eating in a different way, but not feeling hungry. I think I definitely have more energy too.

Caroline, Business Owner, Cambridge

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JOIN THE WAITLIST