

WEIGHT LOSS QUIZ

FOR WOMEN OVER 40

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CHECK ALL THAT APPLY

- Changing appetite
- Chronic Yeast infections
- Cravings for sugar or caffeine
- Depression
- Dull skin and hair
- Excess belly weight
- Feeling down
- Fluid retention and/or puffiness
- Hangry between meals
- Hair loss
- Low sex drive
- Headaches
- High blood sugar
- Hungry, even after you have eaten
- Regular gas/bloating
- Regularly skipping meals
- Resistant weight loss even after exercising
- Sleepy after eating
- Stress
- Thyroid imbalance
- Tiredness
- Unmotivated

ANALYZE YOUR RESULTS

Some of the above are some of the signs that women experience during perimenopause and menopause as hormones shift. While menopause is a natural transition all women make, it does not mean that you should tolerate symptoms that interfere with your health and happiness.

Of course, it could also need that you need to lose weight

If you checked:

- ➡ **1 - 3 boxes:** While you may not have all the symptoms, even just one symptom such as belly fat can be an indication that something is out of balance.
- ➡ **4 - 7 boxes:** You have some signs indicating there may be roadblocks such as hormone imbalance, toxins, gut issues or stress, thwarting your weight loss efforts. It is time to make some changes. If you work on your health now, you will have an easier time
- ➡ **8 + boxes:** You have many signs indicating there may be roadblocks such as hormonal imbalance, toxins gut issues that may be interfering with your ability to lose weight. likely affecting the quality of your life, schedule an appointment with your doctor and ask to check your hormones, thyroid hormones, and cortisol levels.

This self-assessment is not intended to diagnose. The intention is to raise awareness of how perimenopause and menopause symptoms may be affecting the quality of your life. If you have concerns about hormone health, speak with your primary health care provider.

We've been told that uncomfortable symptoms are just a normal part of "being a woman." While many of these signs are common, they are not necessarily normal. You can take control of your hormone health, ask me how.

You may need a hormone reset. If you want to learn more about hormone health, please download my FREE GUIDE

"5 Simple Detox Strategies for Healthier Hormones".

I offer a

“21 Day Hormone Reset Program”

both of these are available on my website.

If you want to join my brand-new program:

“GET FIT OVER 40-12 WEEK FITNESS AND WEIGHT LOSS PROGRAM FOR WOMEN”

The information is available on my website <http://kathydepalo-mooney.com/>

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