Antonée Thomson, Empowering Midlife Women with Personal Transformation and Tailored Health Strategies- Episode 351

In this Episode:

- Discover Antonée's inspiring path from overcoming a traumatic childhood health scare to becoming a leading expert in health and wellness.
- Learn about the crucial process of shifting behaviors, beliefs, and identity, highlighting the importance of balancing mental, emotional, and physical health for lasting transformation.
- Explore the societal stigmas surrounding menopause and the urgent need for more education and open conversations on this topic.
- Understand how decisions made during midlife affect long-term health and well-being, and how these choices can set a positive example for future generations.
- Examine the limitations of conventional health advice for midlife women and the necessity of customized health strategies that address individual needs.
- Get a sneak peek into Antonée's exciting new initiatives, including a 10-week online program and local in-person sessions, designed to empower midlife women with essential education, practical steps, and strong community support.

Notable Quotes:

"Your mental and emotional health is just as important as your physical health."

"Understanding what's going on with our physiology is important because then we can make changes and adapt to it."

"Midlife is not a crisis. It's an opportunity for profound momentum and impact."

“You have to try to establish those healthy habits, not just for yourself and your own healthy future, but for the generations to come.”

“Making changes for your health, actual impactful long-term changes, takes time and patience.”

Pearl of Wisdom:

1. Be patient and give yourself grace.
2. You're an individual, no one else is like you.
3. Don't take this journey alone and get the support you need.

Resources:

Antonée Thomson is an expert Health Strategist, entrepreneur, and founder of Lyrical Rise, a Women’s Wellness Company. She is a lifelong female athlete and certified Health & Life coach with a profound passion for helping women live healthy, happy, active lives. Also trained as a Forest Therapy Guide, she believes in the power of mindfulness, nature, and simply slowing down.

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