



Endurance Toolkit for Women Who Lead

Thank you for downloading your **Endurance Toolkit for Women Who Lead**.

As a high-achieving woman, you know what it feels like to push through discomfort, hold it all together, and take care of everyone else while trying to keep yourself from falling apart.

But here's the truth: continuing to push through while ignoring the signals your body is trying to communicate will only do more harm than good. Your fatigue, anxiety, poor sleep, and loss of self is information.

How you are feeling is not weakness, it's your body asking to become more of a priority.

Your leadership matters and to have sustainability in success, you're going to need to come at it from the perspective of **endurance. FUEL. OXYGEN. YOUR SPARK.**

That is why I created this toolkit.

Inside, you'll find simple tools to help you begin reconnecting with your body, supporting your energy, and regulating your stress response in realistic ways that fit into your busy life.

You do not need to overhaul everything overnight.

You simply need to begin listening, responding, and making choices that support the woman you are becoming.

Your next level of success should not cost you your health.

It's time to build endurance from the inside out.

With energy and SPARK,

Dr. Lexi Lain

Naturopathic Doctor | Speaker

Creator of the Get Your Spark Back Framework

FUEL for Success!

Protein Recipes To Start Your Day!

Most people don't struggle with willpower — they struggle with blood sugar.

Starting your day with enough protein:

- Reduces cravings later
- Improves energy and focus
- Supports metabolic health

That's why these 3 breakfast recipes are packed with 30g of protein — Low carbs, no sugar, no dairy, Gluten Free!

1. Turkey Sausage Egg Scramble

Protein: Approximately 32–36g

Ingredients

- 2 whole eggs
- 3 egg whites
- 3–4 oz turkey sausage, chicken sausage, or ground turkey
- 1 cup spinach
- ¼ avocado
- Sea salt, pepper
- Optional: salsa with no added sugar

Directions

Cook turkey sausage or ground turkey in a skillet. Add spinach and cook until wilted. Whisk eggs and egg whites together, then scramble into the pan. Top with avocado and optional salsa.

2. Smoked Salmon Breakfast Plate

This is a quick, no-cook option that feels elevated and supports protein, omega-3 fats, and stable energy without carbs or dairy.

Protein: Approximately 30–35g

Ingredients

- 4 oz smoked salmon
- 2 boiled eggs
- ½ avocado
- Cucumber slices
- Tomato slices
- Capers or fresh dill
- Lemon juice

Directions

Arrange salmon, boiled eggs, avocado, cucumber, and tomato on a plate. Add lemon juice, dill, and seasoning.



3. Vanilla Protein Chia Bowl

This is a great grab-and-go option for busy mornings when you need protein, fiber, and healthy fat without sugar, gluten, or dairy.

Protein: Approximately 30g, depending on protein powder

Ingredients

- 1 scoop dairy-free protein powder, ideally 25–30g protein. I like Orgain Protein Powder or Truvia
- 2 tablespoons chia seeds
- ½ cup unsweetened almond milk or coconut milk
- 1 tablespoon almond butter
- Cinnamon
- Optional: a few berries, if desired

Directions

Mix protein powder, chia seeds, almond milk, almond butter, and cinnamon in a bowl or jar. Let sit for 10–15 minutes, or overnight for a thicker texture.



Rejuvenating Micro-Breaks

You were not designed to push through the entire day without pausing. Short micro-breaks help reset your nervous system, improve focus, support longevity, and give your brain and body a chance to recover before stress builds into overwhelm.

These small moments of recovery may seem simple, but practiced consistently, they can help you feel more present, clear, and energized throughout your day.

1. The 3-Minute Floor Reset - Dr. Lexi's Personal Favorite

Take off your smartwatch, turn off the office lights, and roll out a yoga mat.

Lay on the floor with your knees bent and your feet flat on the ground. Set a timer on your phone for three minutes.

That's it.

No productivity. No multitasking. No trying to meditate perfectly.

Just lay there and breathe.

I promise, when you get up, you'll feel more grounded and ready to tackle your next task.

2. The 10-Minute Nature Walk

Struggling to focus?

Step outside for a 10-minute walk.

Leave the podcast off. Let your brain rest.

Listen to the birds, notice the season by looking at the leaves on the trees, and watch the clouds float by. Practice being fully present.

This is not "wasting time." This is giving your brain oxygen, movement, and space to come back online. It's actually giving your brain much needed rest.

3. The 5-Minute Qi Gong Reset - Another Personal Favorite

Go to YouTube and search:
“5-minute Qi Gong for stress.”

You can easily do this right in your office.

For an added grounding effect, take off your shoes and let your feet connect to the floor.

Move slowly. Breathe deeply. Let your body shift out of tension and back into flow.

4. The Shoulder Drop + Breath Reset

Set a timer for one minute.

Inhale through your nose.
Exhale slowly through your mouth.

Drop your shoulders away from your ears.

Repeat five times.

Most high-achieving women carry stress in their neck, jaw, and shoulders without even realizing it. This quick reset helps signal safety to your nervous system.

5. The Desk-to-Doorway Stretch

Stand up from your desk and walk to a doorway.

Place your forearms on either side of the doorframe and gently lean forward to open your chest.

Take five slow breaths.

This is especially helpful if you’ve been sitting, typing, driving, or rounding your shoulders all day.

6. The “Stop, Breathe, What Do I Need?” Pause

Before jumping into the next task, stop and ask yourself:

What do I need right now?

Water?

Protein?

Fresh air?

A boundary?

A breath?

A walk?

Five minutes of quiet?

This simple question helps you stop overriding your body and start responding to it.

That is where stress resilience begins and the simple question doesn't overwhelm the brain. Whatever your answer is, the next step is to take action and honor the need.

Peri-Menopause & Menopause Symptom Check

Hormone Shift Symptom Reference Guide

Hormone changes do not always announce themselves clearly. Sometimes they show up as poor sleep, lower motivation, moodiness, anxiety, belly weight, brain fog, or feeling like you are “not yourself.” Use this chart as a starting point to notice patterns and decide when it may be time to get support.

Perimenopause Symptom Reference Chart

Perimenopause is the transition leading up to menopause. It can begin years before periods stop, and symptoms may come and go as hormones fluctuate.

Area	Possible Symptoms
Cycle Changes	Irregular periods, heavier or lighter bleeding, shorter or longer cycles, skipped periods
Mood & Mental Health	Increased anxiety, irritability, mood swings, feeling more emotionally reactive, increased PMS-like symptoms, low mood
Energy	Afternoon crashes, lower stamina, feeling tired but wired, difficulty recovering from stress
Brain & Focus	Brain fog, trouble finding words, forgetfulness, difficulty concentrating
Sleep	Trouble falling asleep, waking during the night, waking too early, night sweats
Body Changes	Weight gain around the middle, bloating, breast tenderness, joint aches, headaches
Temperature Changes	Hot flashes, feeling suddenly warm, night sweats
Libido & Vaginal Health	Lower sex drive, vaginal dryness, discomfort with intimacy
Stress Response	Feeling overwhelmed more easily, lower tolerance for stress, racing heart, feeling “on edge”

Menopause Symptom Reference Chart

Menopause is reached after **12 consecutive months without a menstrual period**. After menopause, hormones remain lower and symptoms may continue for some women.

Area	Possible Symptoms
Cycle Changes	No menstrual period for 12 consecutive months
Mood & Mental Health	Mood changes, anxiety, low mood, irritability, feeling less emotionally steady
Energy	Lower energy, decreased endurance, slower recovery, feeling less motivated
Brain & Focus	Brain fog, trouble remembering words, difficulty concentrating
Sleep	Sleep disruption, insomnia, waking frequently, night sweats
Body Changes	Weight changes, change in body composition, joint stiffness, headaches
Temperature Changes	Hot flashes, night sweats, chills after hot flashes
Libido & Vaginal Health	Vaginal dryness, discomfort with sex, lower libido, urinary changes
Long-Term Health Considerations	Bone health, cardiovascular health, metabolic health, muscle mass, strength, and mobility

Quick Reflection

Circle any symptoms you notice regularly.

Then ask yourself:

1. **When did this start?**
2. **Is it happening around my cycle, sleep disruption, or stressful seasons?**
3. **Is this affecting my work, relationships, confidence, or quality of life?**
4. **Am I pushing through symptoms that deserve support?**

Dr. Lexi's Note

These symptoms are common, but that does not mean you have to ignore them or “just deal with it.” Your body is communicating with you. The earlier you listen, the easier it is to support your energy, mood, hormones, and stress response.

If you are noticing several of these symptoms, this is your invitation to take the next step.

Book a complimentary Spark Strategy Call with Dr. Lexi

to explore natural, whole-person support for your energy, hormones, and stress resilience.

<https://calendly.com/drlexilain/call>

