A FREE GUIDE · H20 WORKS BOUNCE CLUB

Find Your *Groove*

A Tiny Map Through Perimenopause

Water, rebounding, somatic tapping and a little mindset magic, from one midlife woman to another.

H20 Works
BOUNCE CLUB

Hope. Heal. Overcome.

WELCOME

Hello, and thank you for joining me.

This is a short, straightforward guide to getting through perimenopause with your groove intact.

Recently, I overheard some ladies in yoga pants venting about how things **aren't working like they used to... literally, on many levels.** Then one of them said it: the **"Cougar Puberty Phase."**

I stopped everything to listen. They were talking about perimenopause and all the symptoms so many of us endure in silence and shame.

I'm not a doctor or an expert. But I did my research and have been testing what I found on myself since January 2025. These strategies have brought me real joy as a perimenopausal woman in my mid-40s who is determined to get her groove back. I'm so excited to share them with you.

YOUR FOUR TOOLS

1. **Water.** The simple foundation your body asks for.
2. **Rebounding.** Gentle bouncing to your favorite tunes.
3. **Somatic tapping.** A calming reset for body and nervous system.
4. **Manifestation.** Using the power of your brain, minus the woo-woo.

PLEASE NOTE

This guide shares one woman's personal experience. It is for general information and inspiration only, not medical advice. Please talk with your healthcare provider about perimenopause symptoms and before starting any new exercise routine.

TOOL ONE

1 Drink your water

“Be like water.” ~ Bruce Lee

A common rule of thumb is to drink **half your body weight in ounces** each day. So if you weigh 160 lb, that's about 80 oz.

If plain water feels like a chore, add some **lemon, mint and cucumber**. It makes it go down easier, and your body is counting on it.

WHY WATER MATTERS

- Supports your body's natural detox work
- Supports immune health
- Supports healthy digestion
- Helps deliver nutrients where they're needed
- Refreshing and flavorful
- Good for skin comfort

The benefits go well beyond this list. I'm only scratching the surface, so go do some deeper research of your own.

WHY IT COMES FIRST

Hydration is the partner to the next tool. Your lymphatic system relies on fluid to keep things moving, so water and bouncing go hand in hand.

Tonight's tiny step

Fill a big bottle with water, lemon, mint and cucumber, and put it where you'll see it first thing tomorrow.

TOOL TWO

2 Jump like your life depends on it

Rebounding is **gently bouncing up and down on a mini trampoline.** The rhythmic, low-impact motion is a favorite way to get the lymphatic system moving, which is why staying hydrated matters so much.

WHAT REBOUNDING FANS LOVE

- Supports digestion and regularity
- Gets your metabolism moving
- Supports lymphatic circulation
- Circulates oxygen to your tissues
- Builds stamina and lung power
- Works your core
- Improves balance
- Helps take the edge off stress eating
- Lifts mood and confidence
- Easy and portable

The goal: more energy, steadier moods, and fewer days of feeling like your body is working against you.

Bounce to your favorite tunes for at least 10 minutes, or as long as your heart desires. Start gentle and let it feel good. Many of us find it genuinely life-changing.

> **FUN FACT**
>
> Rebounding is the perfect add-on to the exercise you already do. I pair it with HIIT: 30 seconds as hard as I can go, then 1 minute of gentle rest (while dancing to my favorite song). So go ahead, lady. BOUNCE FOR JOY.

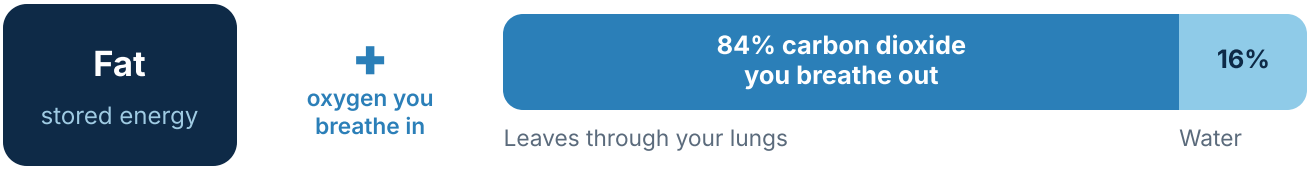
Have balance, joint, heart or pelvic-floor concerns, or are you recovering from an injury? Check with your healthcare provider before you start.

BONUS · THE SCIENCE YOU CAN FEEL

Where does fat actually go?

Fat doesn't melt, sweat out, or get "flushed." **Most of it leaves your body through your lungs.**

Fat is made of carbon, hydrogen and oxygen. When your cells burn it for energy, they combine it with the oxygen you breathe in, and what comes out is carbon dioxide and water. Researchers **Ruben Meerman and Andrew Brown** worked out the numbers in the *BMJ*: about **84% of lost fat is breathed out as carbon dioxide**, and about **16% becomes water** that leaves through urine, sweat, breath and tears.



How it fits the four tools

Rebounding

Fat is only released when your body needs the energy. A small study of 18 women found a 46-minute rebounding session averaged about 72% of their maximum heart rate, which counts as vigorous activity. More energy used means more oxygen in and more carbon dioxide out.

Your intervals

The 30-seconds-hard, 1-minute-easy rhythm makes your breathing rise and settle. Breathing harder doesn't burn fat by itself. Using energy does, and your breath is the exit.

Water

Part of what fat becomes is water, and staying hydrated supports your body's normal handling of fluid. Drinking more water doesn't make fat leave faster.

Tapping & mindset

These don't move fat. They help with the part that decides everything else: staying calm, kind to yourself, and consistent enough to keep showing up.

What this doesn't mean. It isn't a promise of weight loss, and rebounding isn't shown to burn more fat than other moderate exercise. Fat loss still depends on the balance of what you eat and how you move, and deep breathing or "detoxing" can't breathe it away. This only explains *where* fat goes when your body uses it. Check with your healthcare provider before changing your eating or exercise. *Sources 12 and 13.*

TOOL THREE

3 Muscle, fascia, nervous system & getting what you want

Somatic tapping for emotional stress is **not talked about enough,** at least not out in the open. A gentle tapping routine can be a powerful part of your daily rituals as you work to get your vitality back.

WHY PEOPLE TURN TO TAPPING

- Eases stress and anxiety
- Supports emotional regulation
- Brings comfort to physical tension
- Supports better sleep
- Releases old emotional stress
- Builds body awareness
- Supports healthier relationships
- Builds resilience
- Promotes a calmer heart rate

This gentle technique is a big part of aging gracefully. You'll find guided tapping routines all over YouTube. Look for videos from trusted, credentialed sources.

The part I think about most

Your muscles, fascia and nervous system need you to use these tools to help them **let go.** You may have moved on, but they haven't.

4

TOOL FOUR

Manifestation

It's not so woo-woo after all. (Though woo-woo is *so* much fun.) What we're covering here is the ability to **leverage the power of your brain.**

MAKE IT SALIENT

Make your intentions essential, a task-positive network for your brain. Three parts:

1. **Salience attention.** An essential focus of attention.
2. **Executive control.** The thought process behind goal-directed behavior.
3. **Focus on the intent.** Your intent is a priority.

No excessive expectations allowed. Start small. When negative self-talk shows up, **pause** and start again with self-compassion. A lot of that talk is baggage from childhood, and ain't nobody got time for that. Do the somatic tapping to set it free. This goes for brain fog too. Give yourself the grace and kindness your mind, body and soul are begging for.

TRY NOT TO LIVE HERE

The sympathetic nervous system. It prepares your body for fight or flight. Rebounding and somatic tapping can help ease that stress response.

LIVE HERE INSTEAD

The parasympathetic system. Positive emotions help switch it on. Make what you desire your focus. Be selfish for the greater good of all, because if you ain't good? Honey, no one around you is.

TOOL FOUR, CONTINUED

How to do it

1	2	3	4
Write it	**Read it**	**Read it**	**Visualize it**
by hand	silently	aloud	see it clearly

Do this daily and you embed what you want into your subconscious, activating the default mode network that writes the story of who you truly are. It's up to us to tailor our daily habits and rituals to get **IT.** And in this case, **IT is grabbing perimenopause by the core and putting it in its place.**

> *"Grab perimenopause by the core and put it in its place."*

Rant over.

TRY IT RIGHT NOW

Write one small thing you want this week:

LET'S WRAP THIS UP

Why I wrote this

I was compelled to write this because it's a journey I've navigated over the last five years: **two childbirths after 40, devastating grief, a toxic work culture, a surprise pregnancy, complicated pregnancies, death's doorstep, a 70 lb weight gain, and mood swings!**

You get the idea. The one thing I had was the determination to heal from life handing me my ass after 40. Perimenopause **will not take me out.** It will not rot my mood, hips, waistline, mind or anything else.

I'm no medical professional. I had my hands in the mud, digging for the growth. This isn't medical advice, just my own story of finding my groove again, offered as a tiny little map on the path to relief.

It's free, and it's yours to share. Beg, borrow and steal these tips, and pass them to everyone your path crosses who needs them.

Thank you. I love you all. ~ Xavier

KEEP THE MOMENTUM GOING

Come bounce with us.

H20 Works Bounce Club is a music-inspired, at-home movement experience: gentle rebounding, mobility, body awareness and finding your own rhythm. Beginner-friendly, go at your own pace. Our full 28-day program is coming soon.

Explore Bounce Club →

h20worksllc.myshopify.com/pages/bounce-club

PRINT ME · STICK ME ON THE FRIDGE

Your daily ritual

Four small habits. Check them off for a week and notice how you feel.

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Drink my water about half my body weight, in oz	☐	☐	☐	☐	☐	☐	☐
Bounce 10+ minutes to music I love	☐	☐	☐	☐	☐	☐	☐
Tap a few minutes of somatic tapping	☐	☐	☐	☐	☐	☐	☐
Write it · read it · see it my intention for today	☐	☐	☐	☐	☐	☐	☐

MY INTENTION THIS WEEK

Start small. Pause. Begin again with self-compassion.

Not medical advice. Please check with your healthcare provider about perimenopause symptoms and before starting a new exercise routine.

SOURCES

The research behind this guide

An annotated bibliography. This guide shares personal experience, and these studies are here so you can read further and judge for yourself. Many are small or short, so each note says how much weight the evidence can carry.

TOOLS 1 & 2 · WATER, REBOUNDING & MOVING THROUGH PERIMENOPAUSE

1 **Popkin, B. M., D'Anci, K. E., & Rosenberg, I. H. (2010). Water, hydration, and health.** *Nutrition Reviews, 68*(8), 439–458. doi.org/10.1111/j.1753-4887.2010.00304.x REVIEW

A widely cited overview of how water intake relates to health, body weight, and physical and mental performance. The authors also point out that long-term randomized trials are lacking, so treat any single daily target, including the half-your-body-weight rule of thumb, as a starting point and not a prescription.

2 **Xie, Y., Eungpinichpong, W., & Panyaek, N. (2026). Effects of mini-trampoline exercise on neck and knee muscle strength, range of motion, and health-related fitness in sedentary adults.** *Journal of Human Sport and Exercise, 21*(2), 733–745. doi.org/10.55860/6k972×29 PILOT RCT

Twenty sedentary adults bounced on a mini-trampoline three times a week for eight weeks. Compared with a control group, the bouncers had greater neck strength and less pain, and some improvement in heart-rate-variability measures. It is a very small pilot study of young adults, so the authors call the results preliminary. It is a useful hint for the tech-neck angle, not proof.

3 **Rathi, M. A., et al. (2024). Rebound exercises in rehabilitation: A scoping review.** *Cureus.* doi.org/10.7759/cureus.63711 SCOPING REVIEW

Maps how rebounding is used in rehabilitation and fitness. It is candid that research is still thin and that equipment variability and safety concerns remain, which is why this guide keeps its rebounding language gentle and suggests checking with your provider first.

4 **Philip, A. E., et al. (2025). Impact of exercise on perimenopausal syndrome: A systematic review of randomized controlled trials.** *Cureus, 17*(3), e80862. doi.org/10.7759/cureus.80862 SYSTEMATIC REVIEW

Four randomized trials in perimenopausal women. Exercise was linked to modest improvements in overall symptom scores, especially irritability and paresthesia, with smaller gains in fatigue, muscle aches, and sleep. Evidence for hot flashes was mixed and depression did not clearly improve. The trials were small and short (mostly 12 weeks).

5 **Liu, R., & Tang, X. (2025). Effect of leisure-time physical activity on depression and depressive symptoms in menopausal women: A systematic review and meta-analysis of randomized controlled trials.** *Frontiers in Psychiatry, 15*, 1480623. doi.org/10.3389/fpsyt.2024.1480623 META-ANALYSIS

Pooled 17 randomized trials and found that regular physical activity was associated with lower depressive symptoms in menopausal women. The authors rate the certainty of evidence low to moderate, and the results varied a lot between studies.

6 **The Menopause Society (formerly NAMS). (2023). The 2023 nonhormone therapy position statement of The North American Menopause Society.** *Menopause, 30*(6), 573–590. doi.org/10.1097/GME.0000000000002200 CLINICAL GUIDELINE

An expert panel's review of non-drug options for menopausal symptoms. It concludes there is insufficient evidence to recommend exercise or yoga as a *treatment for hot flashes*, and recommends cognitive behavioral therapy and clinical hypnosis instead. That is why this guide offers movement as general well-being support and not as a symptom fix.

TOOL 3 · SOMATIC TAPPING

7 **Church, D., Stapleton, P., Vasudevan, A., & O'Keefe, T. (2022). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions: A systematic review.** *Frontiers in Psychology, 13*, **951451.** doi.org/10.3389/fpsyg.2022.951451 SYSTEMATIC REVIEW

Summarizes 8 meta-analyses and 56 randomized trials (about 2,000 participants) of tapping-based EFT, with moderate-to-large benefits reported for anxiety, depression, and stress-related symptoms. The authors are proponents of the method, many trials are small, and whether the tapping itself is the active ingredient is still debated. Promising, not settled.

8 **Church, D., Yount, G., & Brooks, A. J. (2012). The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial.** *The Journal of Nervous and Mental Disease, 200*(10), 891–896. doi.org/10.1097/NMD.0b013e31826b9fc1 SINGLE RCT

In 83 adults without a clinical diagnosis, one hour of EFT was followed by a bigger drop in the stress hormone cortisol, and larger drops in self-reported anxiety and depression, than an hour of supportive conversation or no treatment. It was a single session with measurements taken 30 minutes later, so it says nothing about lasting effects.

TOOL 4 · MINDSET, SELF-COMPASSION & INTENTION

9 **Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: A meta-analysis of RCTs.** *Mindfulness, 10*(8), 1455–1473. doi.org/10.1007/s12671-019-01134-6 META-ANALYSIS

Across 27 randomized trials, self-compassion training produced moderate improvements in stress, depression, anxiety, and self-criticism. This supports the guide's advice to pause and begin again with kindness when negative self-talk shows up. The authors note possible publication bias.

10 **Gollwitzer, P. M., & Sheeran, P. (2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes.** *Advances in Experimental Social Psychology, 38*, 69–119. doi.org/10.1016/S0065-2601(06)38002-1 META-ANALYSIS

The classic research on "if-then" planning (for example, *"If it's 7 a.m., then I bounce for 10 minutes"*). It found that specific plans like these help people follow through on goals, with a medium-to-large effect (d = 0.65, as reported in Wang, Wang, & Gai, 2021, *Frontiers in Psychology, 12*, 565202, doi.org/10.3389/fpsyg.2021.565202). A practical upgrade to "write it, read it, visualize it."

11 **Frattaroli, J. (2006). Experimental disclosure and its moderators: A meta-analysis.** *Psychological Bulletin, 132*(6), 823–865. META-ANALYSIS

Across 146 randomized studies, writing about personal, meaningful topics had a small but significant average benefit for health and well-being. Writing helps for many people, though the effect is modest.

BONUS · WHERE FAT GOES & REBOUNDING INTENSITY

12 **Meerman, R., & Brown, A. J. (2014). When somebody loses weight, where does the fat go?** *BMJ, 349*, **g7257.** doi.org/10.1136/bmj.g7257 JOURNAL ARTICLE

The source for the "where does fat go?" page. The authors calculated the chemistry of fat metabolism: of lost fat, about 84% is exhaled as carbon dioxide and about 16% becomes water. It is a calculation based on established biochemistry, not a new experiment, and it describes where fat *goes* once the body uses it. It does not claim that any particular exercise or breathing technique speeds fat loss.

13 **Cugusi, L., Manca, A., Romita, G., Bergamin, M., Di Blasio, A., & Mercuro, G. (2017). Exercise intensity and energy expenditure during a mini-trampoline rebounding exercise session in overweight women.** *Science & Sports, 32***(1), 23–28.** doi.org/10.1016/j.scispo.2016.06.006 SMALL STUDY

Eighteen overweight women completed a rebounding session of about 46 minutes. Average heart rate was about 72% of their maximum, and estimated energy use was about 317 calories. The authors call rebounding vigorous activity suitable for this group. It was a single session in a small sample, with energy use estimated by a wearable device, and it did not measure fat loss or compare rebounding with other exercise.

READ THIS NOTE

What these sources don't cover. A few ideas in this guide come from the author's own experience and the wider wellness conversation, not from the studies above. These include the idea that rebounding drains toxins, the lymphatic benefits of bouncing, and the brain-network language in Tool 4 (salience, default mode). They're offered as personal tools to explore, not proven treatments. If you'd like to dig deeper, ask your healthcare provider or a librarian to help you find peer-reviewed research.

This guide is for general information and inspiration and is not medical advice.