Kiwifruit Sleep Carousel

Slide 1: Hook

Eating 2 kiwifruit before bed can significantly improve sleep quality

Slide 2:

New research shows 2 kiwifruit 1 hour before bed significantly improves sleep.

15 elite athletes consumed 2 medium-sized green kiwifruit nightly for 4 weeks. Sleep quality was tracked throughout the study.

PMID: 37242157

Slide 3:

Poor sleep quality affects performance and recovery.

87% of participants were classified as poor sleepers at baseline. Sleep disruption from stress, demanding schedules, and hormonal changes impacts daily function.

Slide 4:

Kiwifruit contains natural sleep-promoting compounds.

- Melatonin (24 µg/g) helps regulate circadian rhythms.
- Serotonin (5.8 µg/g) supports sleep quality.
- Antioxidants may reduce inflammation that disrupts rest.

Slide 5:

Sleep improvements were significant across multiple measures:

- Total sleep time increased from 7.6 to 8.63 hours
- Sleep efficiency improved from 86.2% to 93.3%
- Nighttime awakenings reduced by 27%

- Time awake after sleep onset dropped by 47% • Morning fatigue significantly decreased

Slide 6:

The approach was simple:

2 medium-sized green kiwifruit consumed 1 hour before bedtime.

90% of participants followed the protocol consistently.

Slide 7:

Did you find this helpful?

Share with someone who needs better sleep.

Caption

A simple fruit could transform your sleep 🥝

New research shows 2 kiwifruit eaten 1 hour before bed significantly improved sleep quality in elite athletes over 4 weeks.

Sleep efficiency jumped from 86% to 93%, total sleep time increased by over 1 hour, and nighttime awakenings dropped by 27%.

Kiwifruit naturally contains melatonin and serotonin, compounds that support circadian rhythm regulation and sleep quality.

For high-performing women dealing with stress and hormonal changes, this offers a practical, natural approach to better rest.

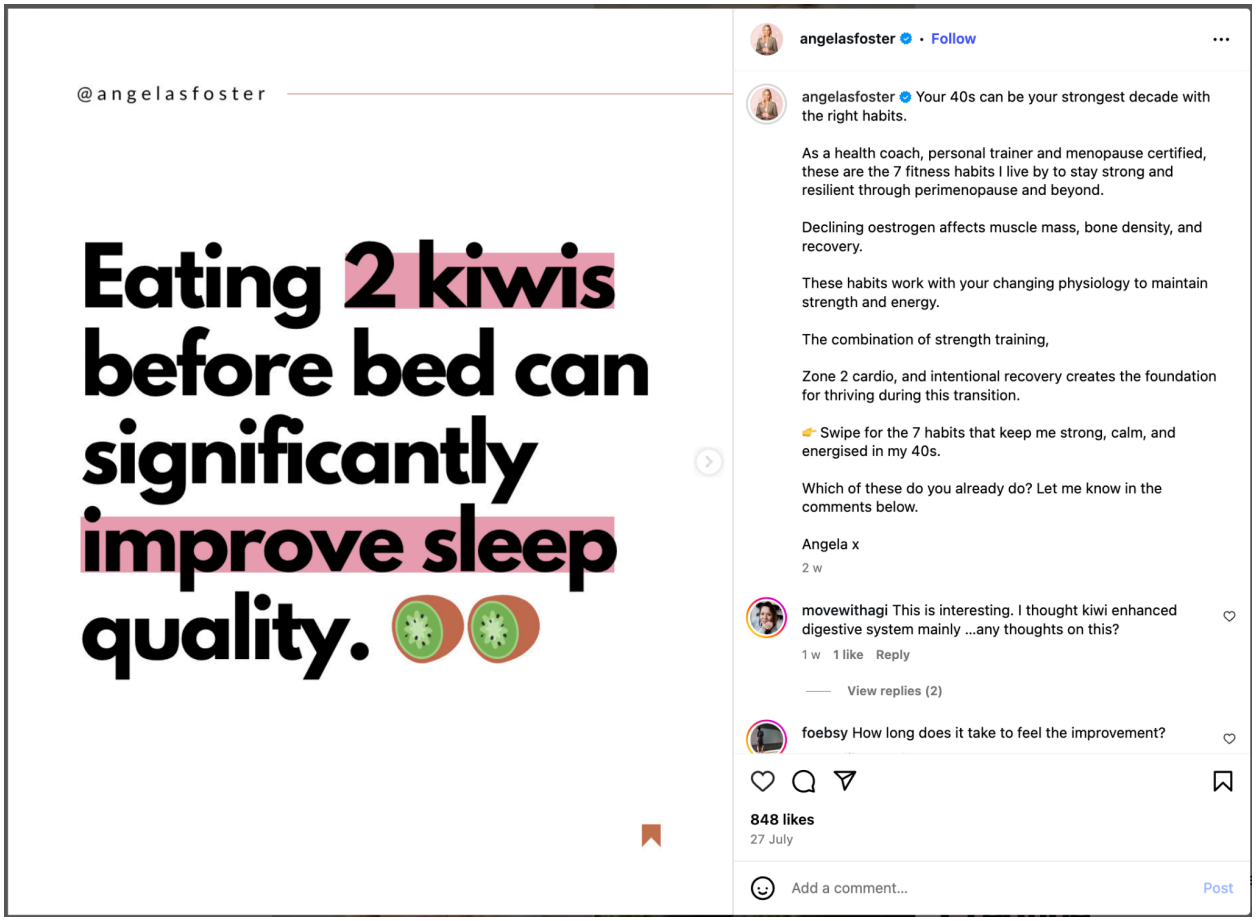
👉 Swipe to see the complete study results and why this matters for your sleep health.

Share this with someone who tosses and turns all night.

Angela x

Proof:

https://www.instagram.com/p/DMnRklLvv07/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==



7 Fitness Habits Carousel

Slide 1: Hook

“7 fitness habits that helped me get stronger & leaner in my 40s than I was in my 30s”

Slide 2:

Perimenopause can feel like your body is working against you. But these 7 habits have helped me stay strong, energised and resilient during this transition.
Here's what I do 👉

Slide 3:

I lift weights 3-4 times per week to maintain muscle mass and bone density. Both decline during perimenopause as oestrogen drops.

If you want to stay strong and active as you age, prioritise strength training.

Slide 4:

I do Zone 2 cardio 2-3 times weekly. Low-intensity movement like brisk walking or cycling charges my mitochondria, boosts energy, mood, and motivation, and supports better sleep.

Slide 5:

I aim for 8,000-10,000 steps every day. Daily movement boosts circulation and overall energy levels.

If you want to age slower, recover better and burn fat more efficiently, prioritise your daily steps.

Slide 6:

I eat at least 30g of protein with every meal. Protein supports muscle maintenance, hormone synthesis and helps to regulate your emotions when

hormones are fluctuating.

Slide 7:

I take creatine, magnesium, and omega-3s daily. • Creatine for muscle strength • Magnesium for sleep and stress reduction • Omega-3s for inflammation and mood stability

Slide 8:

I do HIIT 1-2 times weekly. Brief, intense sessions help your body burn fat more effectively. If you want to target stubborn belly fat add HIIT to your routine.

Slide 9:

I prioritise recovery through active rest days.

During perimenopause, your body becomes more sensitive to stress and muscle repair takes longer. Foam rolling, stretching, yoga and Pilates help prevent weight gain and burnout.

Slide 10:

Want more science-backed tips for optimising your performance, health, energy and longevity? Comment "FRESH START" below 👇

Caption:

Your 40s can be your strongest decade with the right habits.

As a health coach, these are the 7 habits I live by to stay resilient through perimenopause.

Declining oestrogen affects muscle mass, bone density, and recovery.

These habits work with your changing physiology to maintain strength and energy.

The combination of strength training

Zone 2 cardio, and intentional recovery creates the foundation for thriving during this transition.

👉 Swipe for the 7 habits that keep me strong, calm, and energised in my 40s.

Which of these do you already do? Let me know in the comments below.

Angela x

Proof:
https://www.instagram.com/p/DMkzoQgz8lC/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

