

[Idea 1]

I would be hesitant at this point. I can't really make a routine because my work just doesn't allow it. I get up in the morning and the very first thing I do is grab my laptop, open it up and log into my work hub.

And then I'm on the hook at that point. And you know a little thing goes off every time there's work that I need to do and I go and I do that work and then wait for the next work to show up. So this particular part would probably put me off.

I need to make a commitment. But no, I can't actually make this kind of commitment. I'm really hesitant to set myself up for failure. I'll be like, okay, I will say I will do it for five minutes before I open my laptop.

I will do it for five minutes, but that's not gonna happen and I know it because especially towards the end of the week when I'm scrambling to get the last my work and because I have to in order to max out my hours for the week, and I simply don't have the luxury of even five minutes at that point and this again goes back to managing these tiny little stressors that just add up over the course of the week.

So we're able to do it on Monday, Tuesday, Wednesday, but I couldn't do it Thursday and Friday because of the posts on my work.

I would then at the end of the week feel really frustrated because I wasn't able to keep it up.

I would definitely choose afternoon or evening, probably afternoon. We're a second shift household here so I'm not even up before nine or 10 in the morning. So I don't usually do any kind of commitment stuff until afternoon or evening when my husband's at work.

[Idea 2]

I don't need swag. I don't need a mat. I've got one. I don't need weights. I've got them. I think for me personally, I would much prefer if this were a build your own where you have choices of items that you could put into this swag bag.

This kit then would be useful to you. But if I got these things I'd be like, well, none of that is useful to me.

[Idea 3]

It's nice to know that the people who are participating in it also have been through this phase of life or are in that phase of life [menopause]

It makes me feel better to think that at least some of the people that I would be interacting with would understand what's happening.

There's so much stuff that is just surreal. Like it's just unbelievable.

It really is like when I say some of the stuff that I've experienced out loud, I sound crazy. And if you haven't been through it, it really sounds crazy. So when I'm talking about my own experience, I'm always making a judgment about the person I'm talking to about it, whether or not they're gonna get it or they're going to be like, that's ridiculous. You must be exaggerating, when I say I've been in menopause for 20 years, and most people look at me and go, that's ridiculous. That's not a thing that happened.

I can't do any exercise that makes me jump up and down. If I jump, I pee. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know.

So knowing that I'm with someone who isn't going to do jumping jacks just takes my stress level down because then I am not forced to find something I can do in place of jumping jack. It seems like a really minimal thing, right? Even when I say it out loud. I'm just like, why are we making such a big deal about this?

All of these little things accumulate stress. So it's just a little stress about jumping jacks, but it's also a little stress about this and a little stress about that.

And so I'm really careful about monitoring opportunities or experiences based on the stress accumulation risk that I'm going to have.

I probably can bring down the monitoring level because chances are the person who is doing this has already been through this or is going through this and so they're already aware of these things.

So they're not going to give me something that requires me to do jumping jacks.

[Idea 4]

I'm not big on there's a particular time to do this. That's not gonna work. For me at all. Like I'm gonna ignore that completely. It's not going to happen.

My Fitbit will say you have done all your steps, go walk and then I'll do that so that is the kind of cue that that works for me is something that nudges me in a way that is like immediate so like the reason that that works is because it knows that I'm sitting still it knows I haven't met my quota. And so it nudges me to get up and do it.

So if this cue was more like if you walk the dog also do this, I'm probably not gonna pay that much attention.

If the app is going to nudge me in a way like a sound or a vibration on my phone.

If the app was like, Oh, you just went for a walk. Don't forget you also wanted to do a plank.

You know when you got done or don't forget you wanted to do this as a strength training to go along with your aerobic or whatever. That would definitely get my attention.

I know consistency is important. Are you just reminding me that I already know that?

[Idea 5]

It might be [motivational] for other people. Not for me, because I already know these things.