

GREYLINE COLLECTIVE

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**GREYLINE COLLECTIVE
MIDLIFE+ MENOPAUSE
BIO CHECK**

YOUR NAME _____

March 28, 2026

Dear Friend,

Thank you for joining us. By being here at Greyline Collective's Bio Check, you've already taken a vital step in prioritizing your own care.

We have gathered experts to guide you through the essentials including functional strength, body composition, nutrition, and mental health. Use this time to ask your deepest questions and find your path toward a more vibrant, balanced life.

This worksheet captures a snapshot of where you are today. While these markers can be powerful indicators of longevity, remember that they are simply a starting point—a baseline to guide your growth rather than a final destination.

You aren't navigating this season alone. We are in this together, and your well-being is worth every moment of the journey.

Your Friends at Greyline Collective

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Disclaimer & Waiver

By participating in the Bio Check, you acknowledge that all metrics and assessments are for educational and entertainment purposes only. This experience does not constitute medical advice, a formal diagnosis, or a clinical treatment plan.

Please consult a licensed medical professional before making any changes to your health or exercise regimen based on these results.

STRENGTH

1. SINGLE-LEG BALANCE (30 SECS) _____ SECS

This tests your *proprioception* (your brain's ability to know where your body is in space) and the stabilizing muscles in your ankles, hips, and core. Research shows that failing this simple test could be a predictor of cognitive decline and overall mortality risk as we age.

Pass (>10 secs): Your nervous system & stabilizers are well-integrated, significantly lowering your risk of falls & fractures.

Fail (<10 secs): It may indicate "sensory tuning" issues or hip weakness. Focus on barefoot work and unilateral (one-sided) exercises to sharpen the brain-to-muscle connection.

2. BACK SCRATCH TEST (OVERHEAD/UNDERHAND REACH)

This measures functional shoulder girdle mobility and upper back flexibility. It determines your ability to maintain an upright, open posture for deep breathing and spinal health as you age.

Pass: Necessary range of motion to maintain upright posture and avoid the "rounded shoulder" look.

Fail: Your "fascial lines" are tight, likely from desk work or driving. This can lead to rotator cuff issues.

During perimenopause and menopause, declining estrogen levels impair muscle repair and protein synthesis, leading to a rapid loss of mass and strength. This hormonal shift accelerates *sarcopenia*, making consistent resistance training and high protein intake essential to protect metabolic health and physical function.

3. SIT-TO-STAND (30 SECS)

A primary indicator of lower body power and independence. Leg strength is the #1 predictor of being able to live in your own home safely in later years.

Pass: You have the muscular endurance to handle daily tasks (stairs, getting out of cars) without taxing your heart or joints.

Fail: Your "posterior chain" (glutes and hamstrings) needs strengthening. Increasing this score directly improves your metabolic health.

4. PUSH-UPS

A marker of upper body "pushing" strength and the ability of your core to stay rigid under load. Beyond muscle, the pushup is a "stress test" for your heart and core; a Harvard study found that the ability to perform a set of pushups is a significantly more accurate predictor of future cardiovascular health and "healthspan" than a treadmill test.

Pass: You possess the chest and tricep strength necessary for "protective" movements (like catching yourself in a fall) and a healthy cardiovascular system.

Fail: You may have a strength-to-weight ratio imbalance. Focus on incline pushups to build the neural pathways without overloading the joints.

LEARN MORE WITH CORE THEORY FITNESS

A strength-first training approach built for women navigating perimenopause and individuals using GLP-1 therapy.

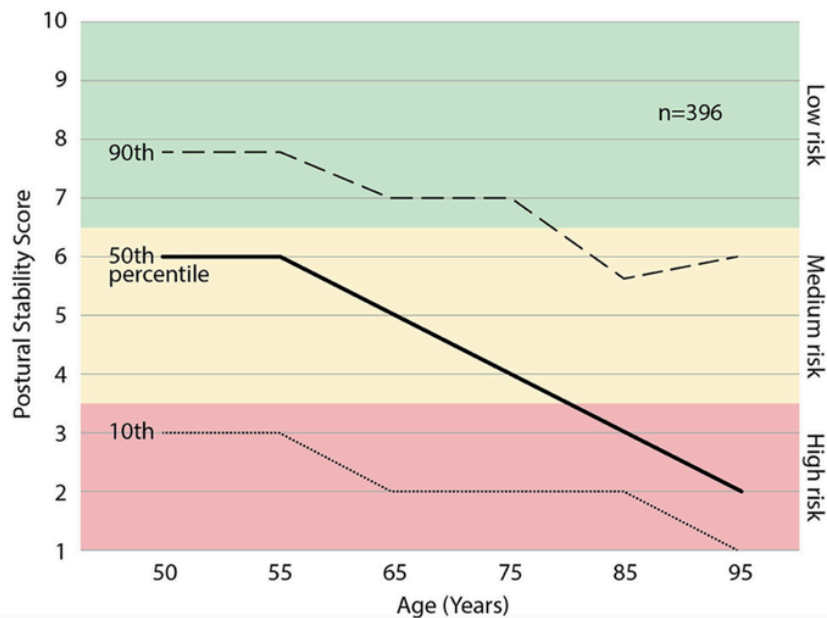
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BODY SCAN

ZIBRIO SCAN - POSTURE STABILITY YOUR SCORE_____

How is your balance defined? As postural stability, the ability to control your body while standing. The three main internal physical elements that control balance are: vestibular (inner ear), eyes, and feet (more specifically how they are relaying information via your nervous system). Exterior pillars that affect balance: sleep, medication, mood, medical conditions, fitness, & strength. Originally developed for the NASA Space Program, the scale measures your balance and predicts your risk of falling in the next 12 months.



OMRON SCALE

The OMRON scale uses resistance through the body to measure muscle, body fat, & visceral fat then uses your age, weight, & sex to calculate body age, resting metabolism, & body mass index.

GRIP STRENGTH RH_____ LH_____

Grip strength, measured via a handgrip dynamometer, serves as a powerful "vital sign" for biological aging and a critical predictor of long-term health, particularly for women. While it seems like a simple measure of hand power, the ability to generate isometric force is a proxy for overall muscular quality, neurological integrity, and physical resilience.

For women, who face a higher statistical risk of sarcopenia and osteoporosis as they age, maintaining high grip strength is strongly correlated with a lower risk of cardiovascular disease, preserved cognitive function, and increased functional independence.

GRIP STRENGTH FOR WOMEN (KG)

Age	Top 10%	Top 25%	Good (50-74%)	Fair (25-49%)	Lowest 25%
20	> 36.3	32.4 → 36.2	28.3 → 32.3	24.3 → 28.2	< 24.2
30	> 38.7	34.3 → 38.6	30.6 → 34.2	26.7 → 30.5	< 26.6
40	> 38.5	34.5 → 38.4	30.7 → 34.4	26.8 → 30.6	< 26.7
50	> 36.5	32.6 → 36.4	28.7 → 32.5	24.9 → 28.6	< 24.8
60	> 33.5	30.4 → 33.4	26.5 → 30.3	22.2 → 26.4	< 22.1
70	> 30.3	26.6 → 30.2	23.5 → 26.5	19.7 → 23.4	< 19.6
80	> 25.7	22.5 → 25.6	18.5 → 22.4	15.5 → 18.4	< 15.4
90	> 20.0	17.0 → 19.9	14.0 → 16.9	11.0 → 13.9	< 10.9

Sources: Dodds, Syddall et al 2014, Landi, Calvani et al 2020, McGrath, Hackney et al 2019
Scores are a weighted average between the above studies (45,822 total female participants).
Only 702 female participants age 90+

Body Fat % _____ Visceral Fat Level _____ Skeletal Muscle % _____
Body Age _____ <OMRON SCALE>

	Pass	Fail
Body Fat%	21% – 31%	32% +
Visceral Fat Level	1 – 9	10 – 30
Skeletal Muscle.	24% – 30%+	Below 23%
Body Age	Equal to or <Actual Age	Older than Actual Age

MENTAL HEALTH

Prioritizing mental health and cognitive resilience is essential for navigating these emotional fluctuations and maintaining long-term vitality. Finding a community of like-minded women, alongside guidance from qualified therapists, provides the shared wisdom and professional support needed to turn this season into a period of renewed purpose. Here are some questions to ask yourself to help you in your journey:

1. Many women notice changes in mood, stress tolerance, or identity during midlife hormonal shifts. What are you noticing as you experience these changes?
2. Before these changes, can you describe your baseline mood?
3. Have you had multiple relational and situational traumas prior to experiencing mood changes? Have you had depressive episodes earlier in life—and if so, how does this feel similar or different?
4. Are your symptoms constant, or do they come in waves?
5. Do you notice times in the month, day, or after poor sleep when everything feels amplified?

Contact Jennifer Schwartz-Doctorovich, MS, LPC Associate, FNTP, CFSP, Psychotherapist and Functional Nutrition Practitioner, 832-736-7709 jennifertranshealinghouston@gmail.com

When it comes to your mental well-being, there is immense power in talking things through with a professional who can help you translate complex feelings into positive, actionable shifts. We've developed a specific set of questions designed to guide your conversation with the mental health therapists on-site. These prompts ensure you move past the surface and walk away with a clear plan for your emotional resilience.

1. Why do I experience anxiety, irritability, depression, and/or brain fog during perimenopause?
2. What is the circadian rhythm and what are some ways I can honor it to support my journey in this life stage?
3. What are some ways that modern life affects women during menopause?
4. How are menopause and puberty similar?
5. What is the main message our bodies need to receive during perimenopause & menopause and what are ways to send this message?
6. What is the Japanese interval walking system and how might it help me during this life stage?

Contact Ana E. Amaré, LCSW, CGP, Licensed Social Worker and Psychotherapist, 832-240-9521, ana@anaamaretherapy.com

SKIN / HAIR HEALTH

HAS MENOPAUSE CHANGED YOUR SKIN AND HAIR?

The Estrogen–Collagen Connection: As your estrogen levels decline during menopause, so do dermal collagen, elasticity, hydration, and radiance.

Why Does Collagen Decline As We Age? Estrogen receptors are everywhere—including in fibroblasts, the cells that make collagen. So when estrogen levels decline, collagen does too.

Early 30s

- Estrogen & collagen rise, peaking in your late 20s to early 30s
- Estrogen levels fluctuate with menstrual cycle

Early 30s–Perimenopause

- Collagen declines by 1.0%–1.5% per year
- Estrogen can begin declining as early as mid-30s

Menopause & Beyond

- Estrogen drops significantly, accelerating collagen loss
- 30% collagen loss in the first 5 years of menopause, with an additional 2.1% annually after that

Key Markers of Health

1. Skin Density: Estrogen loss leads to thinning skin that may appear "crepey" or fragile.
2. Moisture Retention: A drop in natural hyaluronic acid production leads to chronic dryness and a compromised skin barrier.
3. Hair Volume & Texture: As estrogen drops, the "growth phase" of the hair cycle shortens. Hair may become finer, dryer, and lose its natural luster.
4. Scalp Vitality: The scalp is an extension of your skin; reduced collagen can lead to a drier environment for hair follicles.

During menopause, your hair goes through a "hormonal handoff" that can change its texture, thickness, and even its color. The simplest way to understand it is to look at the relationship between Estrogen and Androgens.

The "Hair-Friendly" Hormone Drops

Think of Estrogen as "hair fuel." It keeps your hair in the Anagen (growth) phase for as long as possible, which is why many women have thick, lush hair during pregnancy when estrogen is sky-high. During menopause, as estrogen levels drop, that growth phase gets shorter. This means your hair doesn't grow as long as it used to, and it sheds more quickly.

The "Androgen Takeover"

While your "female" hormones are dropping, your "male" hormones (Androgens like Testosterone) stay relatively steady. This creates an imbalance where the androgens suddenly have more influence. This is why you might notice your ponytail feeling thinner or your part line looking a bit wider. Ironically, while the hair on your head might thin, those same androgens can stimulate "peach fuzz" or coarser hairs to grow on your chin or upper lip.

Quick Tips for "Menopause Hair"

- Switch to Hydration: Because the scalp produces less oil (sebum) now, your hair will likely be much drier and more prone to breakage. Look for sulfate-free, "moisture-heavy" products.
- Check Your Iron: Menopause can sometimes mess with how your body stores iron (ferritin). If your iron is low, your hair cannot grow properly.
- HRT & Topicals: For many women, Hormone Replacement Therapy can help stabilize the shedding. If you aren't a candidate for HRT, over-the-counter treatments like Minoxidil (Rogaine) or specialized 2026 supplements like Nutrafol can help keep the follicles active.

HORMONE HEALTH

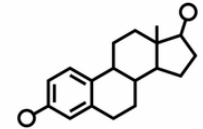
THE STORY OF HRT (HORMONE REPLACEMENT THERAPY)

When you're dealing with menopause symptoms, the most important thing to know about HRT is that you aren't just "replacing" hormones, you are restoring balance to a system that has lost its rhythm.

Think of your body like a high-tech smart home. For 40 years, your hormones were the Wi-Fi that kept everything running smoothly. When menopause hits, the signal drops. Hormone Replacement Therapy (HRT) acts like a Wi-Fi booster. It doesn't just mask the symptoms; it reconnects the wires so your brain, heart, and bones can communicate again.

How HRT Can Really Help (The Big Three)

- **Hot Flashes & Night Sweats:** These happen because your brain's "thermostat" is glitching without estrogen. HRT is the most effective way to stabilize that thermostat. Most women see a 75% reduction in these "dreaded" symptoms within just a few weeks of starting treatment.
- **The "Brain Fog":** Estrogen is actually fuel for your brain. It helps your brain cells use glucose for energy. When estrogen drops, your brain has to switch to a less efficient fuel source, which causes that "foggy," forgetful feeling. HRT helps keep the lights on so you can focus and feel like yourself again.
- **Bone & Heart Health:** Estrogen is the "glue" that keeps your bones strong. Without it, your bones can become brittle (osteoporosis) very quickly. HRT can reduce your risk of fractures by 50% to 60%. It also keeps your blood vessels flexible, which protects your heart as you age.



ESTROGEN
(estradiol)

The 2026 Update: Why It's Safer Now

For a long time, there was a lot of fear around HRT. However, the medical world has made huge strides. In late 2025 and 2026, the FDA even removed the "Black Box" warnings from many HRT products because newer research shows that for healthy women under 60, the benefits far outweigh the risks.

Empowerment Tip: Many women now use "Body-Identical" or "Transdermal" (patches/gels) hormones. Because these bypass the liver and go straight into your bloodstream, they have a much lower risk of blood clots than the old-fashioned pills.

You don't have to "tough it out." If your symptoms are impacting your quality of life, HRT is a scientifically proven tool designed to help you thrive, not just survive. Talk to a qualified medical provider for a plan of action.

The "Master" Hormones

- **Estradiol (E2):** This is the "Gold Standard" of estrogen. It's the strongest form and the one responsible for keeping your brain sharp, your skin glowing, and your bones strong. When women talk about HRT, they are usually trying to restore E2.
- **Progesterone:** Known as the "Body's Valium." It balances estrogen and promotes deep sleep and calm. If you still have your uterus, you must take this alongside estrogen to protect your uterine lining.
- **FSH (Follicle-Stimulating Hormone):** Think of this as your brain "shouting" at your ovaries to wake up. In menopause, FSH levels skyrocket because the brain isn't getting a response. Doctors often test FSH to confirm you've officially hit menopause.

NUTRITION

THE BRAIN RESILIENCE SCORECARD

A 3-Minute Longevity Snapshot

A brain-first nutrition snapshot rooted in nutrient-dense nourishment.

Grip strength measures muscular longevity.

This score reflects metabolic and cognitive resilience — the daily inputs that shape long-term brain performance.

Check what most closely reflects your typical week.

1 BLOOD SUGAR STABILITY

Energy crashes:

- Daily (0 pts)
- Occasional (1 pt)
- Rarely (3 pts)

Sugar cravings:

- Frequent (0 pts)
- Sometimes (1 pt)
- Rare (3 pts)

Longevity Target:

Sustained energy between meals without crashes or urgent hunger.

Why This Matters:

Blood sugar variability is strongly associated with accelerated cognitive aging and cardiometabolic risk. Stable glucose supports focus, mood regulation, and long-term brain health.

2 PROTEIN SUFFICIENCY

Breakfast protein intake:

- Minimal (<10g) (0 pts)
- Moderate (10–20g) (2 pts)
- Optimal (25–35g) (4 pts)

Longevity Target:

25–35g quality protein per meal (bio-individual).

Why This Matters:

Protein supports neurotransmitter production, muscle preservation, metabolic stability, and healthy aging — all protective for cognitive performance over decades.

3 PLANT FOOD DIVERSITY

Colors eaten daily:

- 0–2 colors (0 pts)
- 3–4 colors (2 pts)
- 5–6 colors (4 pts)

Different plant foods per week:

- Under 10 (0 pts)
- 10–20 (2 pts)
- 20–30 (4 pts)
- 30+ (6 pts)

Longevity Target:

- 3–4 colors per meal
- 30+ different plants per week

Why This Matters:

Plant diversity supports a healthy gut microbiome. A balanced microbiome helps regulate inflammation, metabolic health, immune signaling, and long-term



cognitive function. Color reflects the phytonutrients found in whole foods nourish and help protect the brain and body over time.

4 SLEEP RESILIENCE

Average sleep per night:

- <6 hours (0 pts)
- 6–7 hours (2 pts)
- 7–8 restorative hours (4 pts)

Do you wake feeling restored?

- Rarely
- Sometimes
- Consistently

Longevity Target:

7–8 hours of restorative sleep.

Why This Matters:

Deep sleep supports glymphatic clearance — the brain’s nightly metabolic reset system — essential for memory consolidation and long-term neurological health.

Add the points from each section.

TOTAL SCORE: _____ / 28

YOUR BRAIN RESILIENCE LEVEL

0–8 | Foundational Support Needed

Daily inputs may not yet consistently support metabolic and cognitive resilience.

Primary Focus:

- Add one additional color to each meal
- Aim for 25g protein at breakfast
- Avoid refined carbohydrates eaten alone

Small stabilizing shifts often improve clarity and sustained energy within weeks.

9–16 | Emerging Stability

Strong foundations present, but inconsistency may affect performance and recovery.

Primary Focus:

- Increase weekly plant diversity toward 30
- Pair carbohydrates with protein consistently
- Protect sleep as a non-negotiable

Consistency improves metabolic flexibility — a major predictor of long-term cognitive resilience.

17–23 | Resilient Performer

Daily habits are aligned with protective longevity behaviors.

Primary Focus:

- Rotate plant families weekly (greens, berries, crucifers)
- Ensure protein adequacy at each meal
- Optimize sleep depth — not just duration

Refinement supports sustained executive performance over decades.

🕒 24–28 | Longevity Optimizer

Your lifestyle strongly supports metabolic stability and brain resilience.

Primary Focus:

- Increase polyphenol diversity (herbs, spices, cacao, tea)
- Preserve muscle mass intentionally
- Build structured stress-recovery rituals

Advanced resilience practices protect executive function and vitality long-term.

Want the next step for your score?

Scan the QR code to receive:

- The 7-Day Brain Resilience Foundations
- Simple daily micro-shifts
- A structured path to build momentum



NOTE: For educational purposes only. This information is not intended to replace medical advice.

A SPECIAL THANK YOU

**TO EFW FOR PROVIDING ALL OF THE EQUIPMENT:
STYKU 3D BODY SCAN, OMRON SCALE, ZIBRIO
SCALE, AND DYNAMOMETER**



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