

Six Women Navigate Menopause, Wellness and Midlife Change in New Reality Docu-Series

From hot flashes to nutrition setbacks, six women document the realities of menopause and lifestyle change over six weeks.

JOHNSTON, RI, UNITED STATES, June 21, 2026 /EINPresswire.com/ -- The calendar is full. The household is running. The workday may be over, but for many women in midlife, the responsibilities never seem to stop.

Between careers, caregiving, family obligations, and household demands, personal health can quietly move to the bottom of the list. At the same time, changes in sleep, energy, weight, concentration, mood, and confidence can make daily life increasingly difficult to navigate.



Logo for Menopause Fitness Journey

Christina [Rondeau](#)'s Menopause Fitness Journey™ Reality Docu-Series brings those often-overlooked experiences to the screen through the stories of six women participating in a structured six-week health and wellness program.

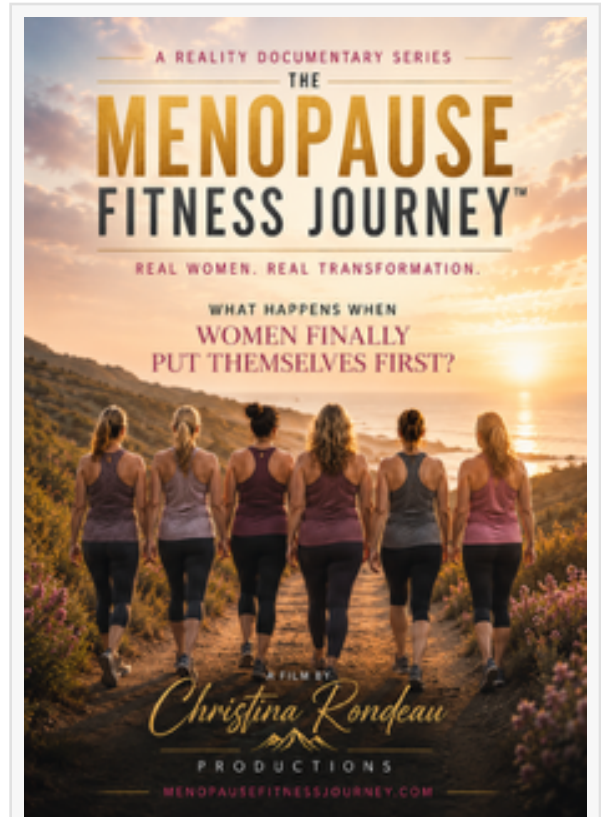
The nine-episode series documents the participants as they balance work, family responsibilities, personal challenges, and the physical and emotional changes commonly associated with perimenopause and menopause.

Rather than presenting a polished or scripted version of midlife, the series captures frustration, exhaustion, uncertainty, humor, friendship, accountability, and the gradual process of creating new habits.

Throughout the program, the women receive education related to nutrition, movement, mindset, wellness, and lifestyle practices while working toward individual health goals. Their experiences reflect concerns frequently expressed by women during midlife, including disrupted sleep, reduced energy, changing body composition, brain fog, hot flashes, mood fluctuations, and difficulty prioritizing personal well-being.

Created by fitness expert, author, motivational speaker, and entrepreneur Christina Rondeau, the project was developed to expand the public conversation surrounding menopause beyond symptoms alone.

“The physical changes are only part of the story,” said Rondeau. “Many women are also carrying careers, families, caregiving responsibilities, and years of putting everyone else first. This series gives those experiences a voice.”



poster for the series menopause fitness journey

The docu-series also examines the role of community, consistency, education, and support as the participants move through the six-week program. Their stories highlight the realities of making lifestyle changes while managing the demands of everyday life.

“

So many women feel like they've lost themselves during menopause. This series shows they are not alone -- and that it's never too late to take back their health, confidence, and happiness.”

Christina Rondeau

The project culminated with a red-carpet premiere on June 5, 2026, recognizing the participants, production team, and community members involved in the series.

[The Menopause Fitness Journey™](#) Reality Docu-Series is currently available online.

Additional information about the series is available at: <https://tinyurl.com/mfjrealitydocuseries>

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ladies of the series walking together laughing

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