



The Menopause 'middle'.

You may have noticed it has become more difficult to manage your weight after the age of 45 especially around the midsection.

Many women feel that their weight gets harder and harder to manage the older they get...and yet, several scientific studies show no convincing link between weight gain and the menopause itself.

BUT it's definitely happening.

So here is an action plan to help understand what is going on and what you can do to manage it.

Whilst studies don't show a clear link between the menopause itself and weight gain, I have pinpointed 5 reasons we struggle with our weight and midsection weight gain at the same time as Menopause.

1. The metabolic rate slows down.

While stats vary some studies show we need 200 calories less per day during Menopause. Therefore, if you are eating roughly the same as you did in your 30's and early 40's and your metabolism is slowing down there will be weigh gain.

You can easily be eating 200 calories or more extra in a day which over a week adds up to 1400 extra calories, which over the weeks and months will see the weight creeping up.

2. The Loss Of Muscle Mass.

Studies show around 8% per decade after 40. Muscle is more metabolically active, which that means it burns more energy at rest.

So, less muscle = less calories burned = more weight gain.

Weight training is crucial! Increasing strength training is one of the best ways to combat weight gain and belly fat in menopause.

3. Changing Where Fat Is Stored.

Fluctuating hormones and the drop in Estrogen around the menopause can also affect the way fat is stored and the areas it is stored.



4. Stress Eating.

Hormonal changes can make you think differently.

You may experience emotional mood swings and feel overwhelmed or anger which causes stress and anxiety, which can have you comfort eating without even realising it.

Are you reaching for food when you feel stressed?

5: Less active because you are tired.

Because you are so busy you may not be as physically active as you were in your 30's and early 40's. You may be driving more, sitting at your desk for longer periods or too tired to go to a class or the gym.

- Are you doing less exercise?
- Going to the gym less?
- Are you training at the correct intensity when you do go to the gym?

If you are up at night with poor sleep and night sweats, do you have the energy the following day to work out?

The GOOD news is when you understand what is happening with your body and appreciate this is all normal (however frustrating) you can take back your power and put a plan into place.