



Menopause and fitness.

We all know that exercise is good for us, and many of us have used exercise to help lose weight. During our menopausal years, it's more important than ever to ensure we are doing regular exercise.

Exercise does more than just tone your body.

- It relieves stress.
- It boosts energy.
- It improves your mood.
- It boosts your circulation, which begins to slow as we get older.
- It improves your skin – the additional oxygen and blood flow can help your skin to look brighter and healthier.
- It improves your heart health.
- Reduces your cholesterol levels.
- Improves your bone health.
- Improves your pelvic floor health.

Exercise helps your brain.

Symptoms of menopause include brain fog and memory loss. Two symptoms which I have experienced and have really struggled to come to terms with, as I have always prided myself on my memory.

Exercise improves memory, learning, and concentration. Vigorous exercise is a better antidepressant than Prozac. Exercise creates brain-derived neurotrophic factor (BDNF), which is basically miracle grow for your brain. When you exercise, your brain becomes more elastic. Exercise also helps to improve your mood, boost your energy, and reduce overall stress in your body and mind.

The benefits of exercise for the menopause.

Exercise is essential in order to sleep better, digest food better, balance blood sugar, relieve stress, rid your body toxins and balance hormones.

Three key forms of exercise that help protect our amazing bodies as we get older:

- **Mobility training** – e.g. hip stretches
Reduces the risk of tightness, aches and pains.



- **Strength training** – e.g. using weights
Helps to protect/improve bone density.
- **Balance training** – e.g. pilates
Helps you to increase your core strength therefore reducing the risk of falls and injuries.

A combination of these, with some cardio (e.g. a daily walk) will set you up to ensure a happy and healthy long life!

I'm not talking about spending hours a day exercising – we all have other stuff we need to do during the day!

It's more about bringing regular exercise into your daily life, that you enjoy doing.