

HOLISTIC HACKS TO MASTER YOUR MENOPAUSE

EXERCISE TO ENERGISE

The right kind of exercise during menopause will benefit:

- ✓ Your heart
- ✓ Your bones
- ✓ Your muscles and joints
- ✓ Your mood and mental wellbeing
- ✓ Your sleep



Getting Started

If you're doing little or no exercise at all, start gently by adding more movement into your day by trying one of these:



- ✓ A brisk walk
- ✓ Take the stairs instead of the lift and pick up the pace
- ✓ Get off the bus or train a stop or too early and walk
- ✓ Dance like no one's watching!
- ✓ Do some vigorous vacuuming or strenuous gardening

Set yourself realistic goals and begin by doing 80% of what you think you can do.

- ✓ Don't start at a vigorous level if your fitness is low
- ✓ Gradually increase the time, intensity, and frequency
- ✓ Be consistent
- ✓ Find exercise you enjoy!

How Much & What Type of Exercise?

NHS guidance for menopausal women is to do 150 minutes of moderate exercise or 75 mins of vigorous exercise (dependant on your fitness level), plus strength exercises twice or more per week.

Include different types of activity:

- ✓ Stretching and flexibility
- ✓ Cardiovascular/aerobic activity
- ✓ Strength training
- ✓ Stability and balance

