

Menopause & Exercise

Weight Gain
Sleep problems
Energy imbalances
Body Stiffness
Hot Flushes
Memory Loss

BEST WORKOUTS

- Aerobic exercise
- Strength training
- Stretching
- Stability and balance



Aerobic Exercise – at home

- Walking
- Dancing around at home
- Gardening
- Youtube for ideas
- Housework
- Cycling
- Zoom classes



Anything that gets you out of breath

Aerobic Exercises – gym or community

- Aerobics Classes
- Dance Classes
- Swimming & Aqua aerobics



Again anything that will get you out of breath

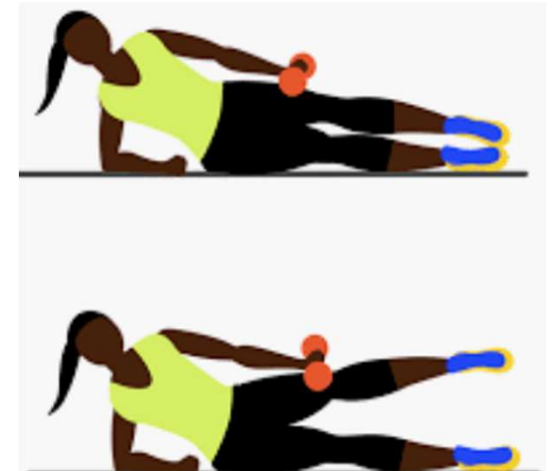
Strength Training

At Home

- Exercises using your own body weight or external force
- Youtube and zoom classes

At Gym / Community

- Strength based classes – dumbbells, resistance bands or using a gym (which will need some self discipline & planning to stick with it)



Stretching Stability & Balance

- Yoga / Pilates

At home

- Youtube & zoom classes

Gym / Community Classes

Yoga, Pilates & Stretch based classes



Get it into your weekly Routine

- Ideally something everyday

Cardio 2/3 times a week

Strength Training 2 times a week

Stretching, Stability & Balance everyday

Phone reminders, pop on your calendar, meet with a friend and workout together (on own/gym/community class) = more likely to stick at it

Exercise does not have to involve Jumping hard for 20 minutes



We will show you some stretching ideas for stiff bodies