

Top tips for exercise during the Menopause

Exercise can be an excellent way to manage the symptoms of the menopause. It can also reduce the risks of cardiovascular issues, osteoporosis and build strength and muscle mass. Here are some tips and advice on exercise during the menopause.



Aim for a combination of aerobic and strength-training exercises:

Aerobic exercise, such as brisk walking, jogging, cycling, or swimming, can help with weight management and cardiovascular health. Strength-training exercises, such as lifting weights or doing bodyweight exercises, can help maintain muscle mass, improve bone density, and reduce the risk of osteoporosis.



Start slowly and gradually increase the intensity and duration of your workouts:

As women age, they become more at risk for osteoporosis, a condition that causes bones to become weak and brittle. Exercise can help improve bone density and reduce the risk of fractures. Weight-bearing exercises, such as walking or strength training, are particularly effective for promoting bone health.



If you are new to exercise:

If you're new to exercise, start with low-impact activities such as walking or yoga, and gradually build up to more intense workouts. It's important to listen to your body and not overdo it, especially if you're experiencing joint pain, hot flashes, or other menopause symptoms.



Choose activities you enjoy:

Find activities that you enjoy and that fit your lifestyle. If you like dancing, try a dance class or online workout. If you prefer the outdoors, go for a walk or hike in nature.



Stay hydrated:

Drink plenty of water before, during, and after exercise to help regulate your body temperature and prevent dehydration.



Don't forget to stretch:

Incorporate stretching into your exercise routine to help improve flexibility, reduce muscle soreness, and prevent injury.



Get enough rest:

Make sure you're getting enough sleep and rest to allow your body to recover and repair after exercise.

Always consult your provider if you have any health concerns or medical conditions before starting a new exercise programme.

Remember, exercise is just one part of a healthy lifestyle, along with a balanced diet, stress management, and adequate sleep. By incorporating exercise into your daily routine, you can help manage the symptoms of menopause and improve your overall health and well-being.

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