

Exercise through the Menopause Transition

Ladies, this is one of the most effective ways to transition well through menopause. Specific exercise has been shown to reduce vasomotor symptoms, build and maintain muscle mass and bone density and improve cardiovascular health.

WHEN CHOOSING EXERCISE

- ✓ focus on STRENGTH training; specifically the large muscles of the shoulders and legs
- ✓ aim for 3-4x a week, 3 sets of 8-10 reps per exercise. Go heavier!
- ✓ impact training for bone density should include 50 impacts/session of low level multidirectional 1 foot hopping/jumping/stomping

SAMPLE EXERCISE PLAN

