

Menopause and Exercise

Presented by Accredited Exercise Physiologist Maddie Warner

- By 2025 **1 billion women** are projected to be in menopause.
- About **70% of these will have significant symptoms.**
- Only **40% will see a doctor** for their symptoms.
- 67-75% of all people who engage and health or fitness professional are women.

So, let's do it right!

Menopause symptoms include:

- Irregular periods
- Stress or urinary incontinence
- Depression
- Vaginal dryness
- Hot flashes
- Sleep problems
- Fatigue
- Mood changes
- Weight gain or slowed metabolism
- Thinning of hair/ dry skin
- Loss of breast fullness
- Short term memory loss
- Night sweats
- Migraines
- Short term memory loss

Sarcopenia – Muscle loss

Sarcopenia is loss of muscle mass associated with age. After the age of 30 years, sedentary women start to lose approx. 3-8% of muscle mass each year, more after menopause. Whilst it is harder for post-menopausal women to increase their strength, the good news is that with protein intake and strength exercises we can completely reverse this in most cases.

Osteoporosis – Bone mineral density loss

Osteopenia/osteoporosis is age associated bone loss, and also progresses more quickly during and after menopause. After menopause we can start to see an increased bone loss of up to 4.4% per year. It is estimated that **40% of women will experience an osteoporotic fracture** post menopause. Like low muscle mass, bone mass can often be increased or at least managed with strength exercise as a treatment.

Notes:



The big rocks (List 3 things that are the most important to you):

- 1) _____
- 2) _____
- 3) _____

Goal for menopause:

Strategies:

Thanks for coming today!
If you would like to know more, please ask our friendly team.

