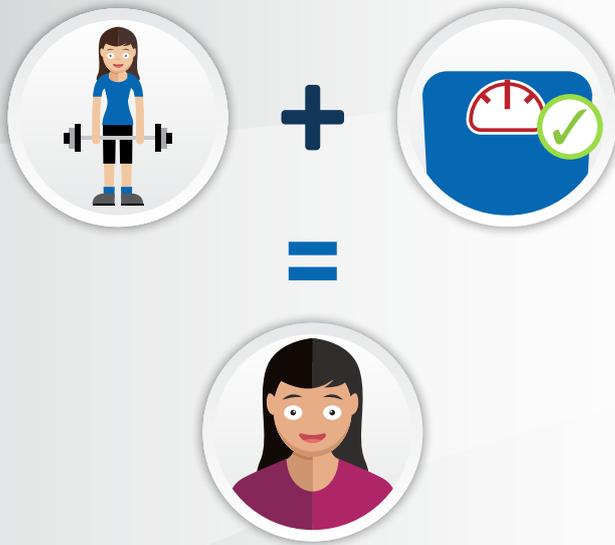


Maintaining your weight and health during and after menopause

Women going through menopause often find it difficult to separate the effects of ageing from the effects of menopause.



Learning about lifestyle choices, physical health and maintaining a healthy weight during menopause can help you to live well today and in the future.



Menopause is a great time to speak with your doctor to learn how improvements to lifestyle, physical health and weight maintenance may improve your health today, tomorrow and in the future.

Lifestyle choices and ageing are the main causes of weight gain during and after menopause

- 1 Weight gain has more to do with lifestyle choices and the changes with ageing than menopause. Women gain on average half a kilo a year between the ages of 45 and 55.
- 2 Menopause hormonal changes can cause fat to settle in the abdomen rather than the hips, thighs and buttocks.
- 3 Menopausal Hormone Therapy (MHT) does not cause weight gain: It can help to prevent the abdominal fat associated with menopause and prevent loss of muscle.
- 4 Eating a healthy diet, being active, stopping smoking and drinking less alcohol will help you to maintain your health beyond menopause.
- 5 Your doctor can assess your overall health and suggest changes to improve your lifestyle and health.

Healthy choices help at any age, but are even more important around the time of menopause

To stay healthy you should:



MONITOR MENOPAUSAL SYMPTOMS AND OTHER BODY CHANGES



ENSURE ADEQUATE INTAKE OF CALCIUM (PREFERABLY THROUGH YOUR DIET) AND VITAMIN D



EAT A HEALTHY DIET



MAINTAIN A HEALTHY WEIGHT



ENGAGE IN PHYSICAL ACTIVITY



STOP SMOKING



DRINK NO MORE THAN TWO STANDARD ALCOHOLIC DRINKS PER DAY, 5 DAYS PER WEEK MAXIMUM.

Maintain a healthy weight

Look after your physical health

HEALTHY WEIGHT CAN:

PHYSICAL ACTIVITY CAN:

✓ IMPROVE FITNESS

✓ INCREASE MUSCLE MASS AND BONE STRENGTH

✓ REDUCE RISK OF OSTEOPOROSIS, HEART DISEASE, DIABETES, CANCER AND DEMENTIA

HEALTHY EATING – HEALTHY WEIGHT



EAT A WIDE VARIETY OF NUTRITIOUS FOODS



SPEAK WITH YOUR DOCTOR ABOUT HEALTHY DIET APPROACHES THAT MAY SUIT YOU

HEALTHY BONES



VITAMIN D:
15-30 MIN SUN
2-3 TIMES A WEEK



1300MG
CALCIUM DAILY



WEIGHT BEARING / RESISTANCE TRAINING

HOW MUCH PHYSICAL ACTIVITY DO YOU NEED?*

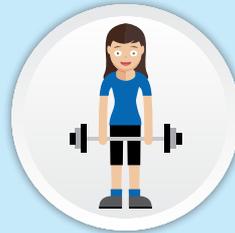


OR



AT LEAST 2.5 HOURS MODERATE INTENSITY PER WEEK FOR GOOD HEALTH AND 5 HOURS FOR WEIGHT LOSS AND TO REDUCE THE RISK OF CANCER

AT LEAST 1.25 HOURS VIGOROUS INTENSITY PER WEEK FOR GOOD HEALTH OR 2.5 HOURS FOR WEIGHT LOSS AND TO REDUCE THE RISK OF CANCER



MUSCLE-STRENGTHENING EXERCISES RECOMMENDED TWICE PER WEEK



STAND MORE

* 18-64 YEARS

For further information:



PHYSICAL ACTIVITY

health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#apaadult



HEALTHY EATING

eatforhealth.gov.au



LIFESTYLE CHANGES AND MENOPAUSE

AMS fact sheet – Lifestyle and behavior changes for menopausal symptoms



MYTHS ABOUT MHT

AMS fact sheet- 9 myths and misunderstandings about menopausal hormone therapy



OSTEOPOROSIS

osteoporosis.org.au



FIND AN AMS DOCTOR

If you have any concerns or questions about weight gain or lifestyle choices to improve your future health, visit your doctor or Find an AMS Doctor:

menopause.org.au/health-info/find-an-ams-doctor

Australasian Menopause Society: menopause.org.au



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EMPOWERING MENOPAUSAL WOMEN