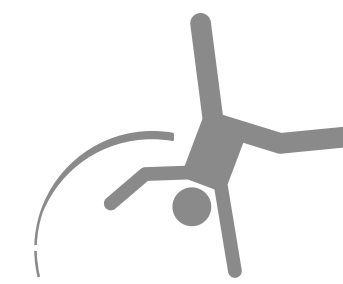


Exercise + Menopause



#003

Why?

- Reduce risk of major “diseases of older age” and help manage those already present.
- Improve lifespan and healthspan.
- Improve/ maintain our capacity to do the things we need to and we value, in spite of ageing.
- Avoid or reverse frailty.
- Psychological wellbeing.
- Restore, maintain or improve our movement skills and functional abilities that help us to enjoy life.

Who?

Pretty much everyone, including people who have never exercised, people who don't like exercising, people who are afraid to exercise and think it might be dangerous for them, people who don't know where to start, people who don't have much time and, of course, people who are living with chronic health conditions.

Your paragraph text

What?

- Something you enjoy.
- At least 150 minutes of moderate intensity aerobic exercise in a week AND resistance or strength training on 2 days of the week.
- Move often, vary the activities that you do, to maintain all of the skills that you currently have.

How?

- Gradually** build up to, at least, 150 minutes of moderate intensity aerobic exercise and 2 resistance training sessions in a week. Start with everything feeling easy and gradually makes your exercise more challenging over time.
- Make it sustainable for you.
- Get good advice on how to get the most out of the time you spend exercising - particularly for progressing your resistance training.
- If you have any pain issues or health concerns, get advice from an appropriately qualified health care professional, on how to exercise appropriately for you.