

Tips for Managing menopause with Fitness:

Most women gain weight as they age, but excess pounds aren't inevitable. To minimize menopause weight gain, step up your activity level and enjoy a healthy diet. As you get older, you might notice that maintaining your usual weight becomes more difficult. In fact, many women gain weight around the menopause transition.

You can reverse course by paying attention to healthy-eating habits and leading an active lifestyle. Some of the factors causing these changes in our bodies are hormones, aging, lifestyle, mindset, and genetics. However, everyone is different and what works for one person, may not work for you. Find a consistent healthy routine and stick to it.

Along with consistent exercise, it's important to be mindful of what you are eating. If you are uncertain about diets, nutrition and where to begin. It is well worth the investment to hire a health coach, nutritionist or personal trainer to get you started. Your diet is as important as anything else when it comes to healthy aging through menopause. You do not tend to need as many calories as you did when you were younger and more active. Try to incorporate a balanced diet of mostly vegetable and fruits, healthy fats to support brain and heart health, as well as proteins. Eliminate processed foods and unnecessary sugars. If you gain too much visceral fat around your midsection, it can lead to an increased risk of diseases like cancer and heart disease.

Due to the fact that muscle mass diminishes as we age, it's very important to incorporate a weight training program. This will keep your muscles burning more calories more efficiently while keeping your body strong. Adding weight training exercises, whether body weight exercises or using other resistance tools, will also reduce the risk of osteoporosis and minimize the loss of bone density. Try adding in some yoga to improve flexibility and balance, a fitness class for fun accountability, or just commit to walking for 20-30 minutes every day. It doesn't have to cost anything and you don't need to over complicate it. Just know that daily movement and a healthy diet are vital to good health and better aging through the menopause years.

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