

# EXERCISE AND MENOPAUSE

Regular physical activity should include 3 basic components:

## Cardiovascular

Activities such as walking, running, swimming, and cycling for 150 mins/week at a moderate intensity or 75 mins/week at a higher intensity



Improves cardiovascular fitness



Raises 'good' cholesterol and fats



Enhances feelings of wellbeing



Reduces anxiety and depression

## Strength

Strength training activities such as core work, weights, yoga, and calisthenics at least twice per week



Reduces chronic muscle pain



Lowers 'bad' cholesterol and fats



Reduces fatigue, improves sleep



Decreases intensity of hot flashes

## Flexibility

Flexibility work such as stretching and yoga incorporated into every workout



Increases muscle mass



Reduces body fat



Reduces rate of bone loss

Regular exercise may not eliminate all menopausal symptoms but it will help with coping with symptoms and reduce the risk of developing serious diseases that become more common after menopause.



ASK THE EXPERT with Dr. Darrell Menard

Read more: [casem-acmse.org/ask-the-expert](https://casem-acmse.org/ask-the-expert)