

TOP 6

# HABITS FOR LIVING WITH MENOPAUSE



# WELCOME

Menopause is a completely normal transition in a woman's life, yet it can come with a range of uncomfortable symptoms like hot flushes, mood changes, and trouble sleeping.

This can make work even more challenging than it already is. To help you navigate this period with ease, we've put together a guide outlining the top six habits for working with menopause.

These habits include ensuring you eat enough protein, physical activities that can help combat symptoms, incorporating exercise into your daily routine, trying different types of exercise, and making sure you get enough sleep.

Applying these habits can make a significant difference in your productivity and overall wellbeing.

So, if you're ready to take on this transition with confidence and vitality, let's dive in and explore these six essential menopause habits.

# THE 6 KEY HABITS

## 1 Eat Enough Protein

Protein is an essential nutrient during menopause as it provides the building blocks the body needs to maintain and strengthen bones, muscles, and other tissues. As women's estrogen levels decline during menopause, they may become more prone to osteoporosis and muscle loss, making it crucial to consume enough protein to maintain health and strength.



Additionally, protein helps to keep blood sugar levels stable, which can help to reduce mood swings and energy crashes commonly associated with menopause.

## 2 Get Enough Physical Activity

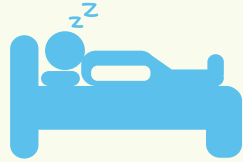
Walking is an excellent exercise choice for women going through menopause because it is easier to do and has many benefits for physical and emotional wellbeing. Regular walking can help to reduce some of the most common menopause symptoms like hot flashes, mood changes, and weight gain. It also helps to keep bones strong, lowers the risk of heart disease, and boosts overall energy levels. Finally, walking outdoors can increase vitamin D levels, which are important for bone health and mood regulation.



# THE 6 KEY HABITS

## 3 Eat Enough Vegetables

Eating vegetables is incredibly important during menopause as they are high in essential vitamins, minerals, and fiber, which can help to reduce the risk of chronic diseases such as heart disease, improve gut health and contribute to weight control. Dark green and leafy vegetables like broccoli and spinach are especially beneficial as they are rich in calcium and vitamin K, which are both important for maintaining bone health.



## 4

### Get Enough Exercise

Exercise is crucial during menopause as it helps to manage symptoms like weight gain, hot flashes, mood changes, and low energy levels. Regular exercise can also help to maintain muscle mass and bone density, which are important for overall health and wellbeing.



Additionally, exercise releases feel-good endorphins, which can help to improve mental health and reduce stress levels commonly experienced during menopause.

# THE 6 KEY HABITS

## 5 Get More Exercise Variety

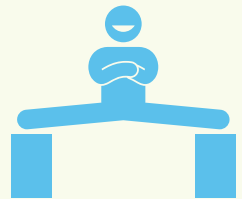
Incorporating exercise variety into your routine during menopause is essential as it engages different muscle groups, providing a holistic approach to health and wellbeing.

Cardiovascular exercises like brisk walking, cycling, and swimming can help to improve overall heart health and boost energy levels.

Strength training exercises like lifting weights or using resistance bands can increase muscle mass and promote bone health.

Finally, mobility exercises like yoga, Pilates, or stretching can improve flexibility, and balance, and reduce the risk of injury which become important as the body's flexibility decreases with age.

Together, these types of exercises can address specific areas of concern commonly experienced during menopause while keeping the body strong, flexible and resilient.



# THE 6 KEY HABITS

## 6 Practice Good Sleep Hygiene

Sleep hygiene, the habits and practices that help promote quality sleep, is crucial during menopause as it can significantly impact the quality of life. During this time, hot flashes and mood changes can interfere with getting a good night's sleep.



Practicing good sleep hygiene habits like maintaining a regular sleep schedule, avoiding caffeine and heavy meals before bed, minimizing blue light exposure from electronic devices, and creating a relaxing environment can help reduce symptoms during the night and promote a restful sleep.

Overall, good sleep hygiene practices can help women during menopause feel more rested, energetic, and mentally sharp during the day.

Incorporating the six habits can help women navigate menopause with ease and better manage common symptoms. To learn more about menopause and other ways to manage its symptoms, enrol in our free 4-day menopause awareness course today. Start feeling empowered to take control of your health, and discover natural ways to make the transition a smoother experience.

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