

Menopause and Exercise

Walking



- improves mood
- outside
- essential for fat loss
- slow/leisure
- part of life
- Daily 20-30 mins
- lowers cortisol
- ME time
- reduces stress

Mind/Body



- yoga/pilates/tai chi
- mind/body connection
- meditation
- be mindful
- relaxing
- flexibility
- rest/sleep
- pelvic floor

Weight Training



- burn fat post workout
- 2-3 x week
- < 40 minutes
- heavy weights
- body weight
- fat loss
- body shape
- great for bones

Aerobic



- bonus training
- not for fat loss
- 2 x week max
- lifts mood
- social

high intensity interval training



- 2-3 x week
- 10 mins
- fat loss
- lift mood
- sprint
- bike
- Circuits