

Being active is important whilst going through menopause

What good things could being more active do for you?



Helps regulate weight



Improves sleep



Improves muscle tone and decreases body fat



Improves anxiety and depression



Improves sexual function

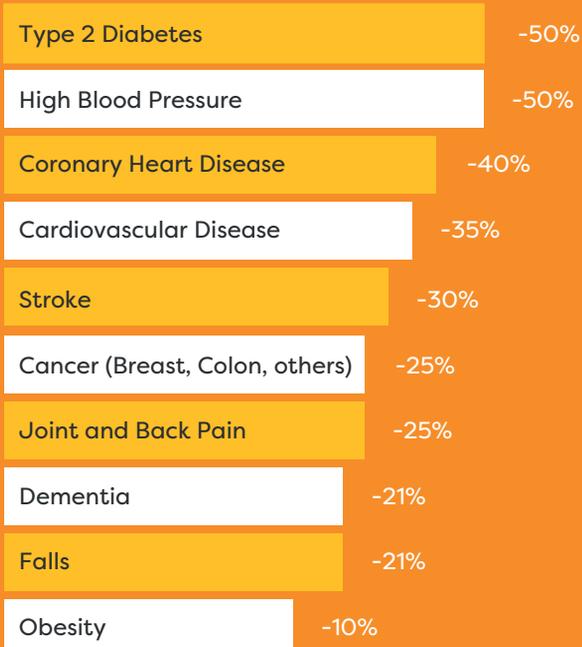


May help alleviate joint pain



Pelvic floor exercises improve urinary incontinence

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active benefit me?



Better sleep quality



Can help clothes feel more comfortable.

Improve fitness

Feel less tired

Follow these Top Tips to keep you active:

1 It's never too late to start

2 Strength and Cardio is important but don't forget your pelvic floor!

3 Do physical activity you enjoy -, you are more likely to want to do it again if it was fun.

4 The benefits of physical activity outweigh the risks

5 Physical activity includes unplanned activity such as housework and walking

6 It's important to drink clear fluids and keep hydrated

7 You don't need specific sports-wear, just make sure your clothes and footwear are comfortable. Darker clothing doesn't show up wet patches if you are worried about sweating or leaking or consider protective underwear.

8 Remember to start slow and increase gradually, this can help you build up your confidence

9 Hurt doesn't always equal harm, for example, often after a good workout you can get delayed onset muscle soreness (DOMS) which is a sign of a good workout.

10 Try exercising in the morning or afternoon if you are finding your hot flushes are worse later in the day.

Build activity into everyday life:

