



Hi there,

Are you ready to move it? So far, we've explored some of the lifestyle changes you can make to maintain optimal health and wellness during menopause. This week, we dive into the importance of physical fitness and suggest exercises suitable for this stage of life. But first...

### Why exercise?

As mentioned in previous weeks, a decline in the hormone oestrogen can cause metabolic changes (which can lead to weight gain), decreased muscle mass and bone loss, which increases the risk of osteoporosis. There are a range of health checks, such as a DEXA scan, that may be covered by your CBHS health insurance if not claimable on Medicare.

Studies show that exercise can also help manage symptoms such as poor sleep, mood disorders and generally improve quality of life.

### Types of exercise

To reap the full benefits of physical activity during menopause, you should include a mix of:

- Cardio – for heart health, increased energy and better mood
- Strength training – to maintain muscle mass and bone density.
- Balancing exercises, like yoga, Pilates and tai chi – to help maintain mobility, balance and flexibility, and to encourage mindfulness, which can improve mental health.

Including a variety of activities will also help ensure you don't get bored repeating the same routine, day in, day out.

## Time to move

We know finding time to exercise can be difficult, with juggling work, family and other commitments. You may sometimes even feel you don't have the energy to move. But keeping active during this life stage should be considered a priority.

The [Australasian Menopause Society](#) recommends 150 minutes of moderate-intensity physical activity each week, or 75 minutes of vigorous-intensity physical activity weekly.

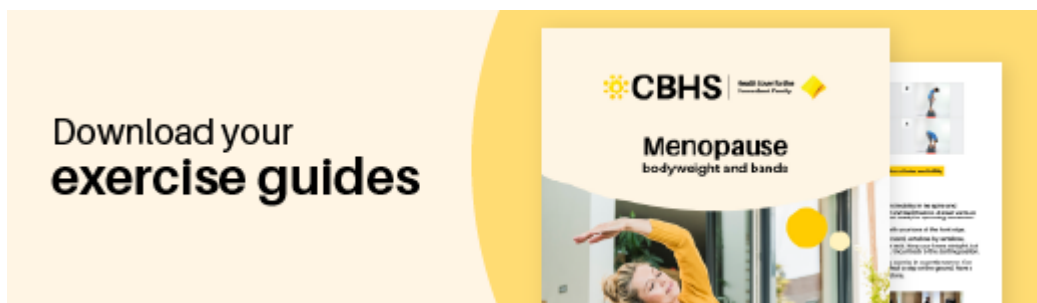
While fitting any exercise into your schedule, no matter the time, is better than not exercising at all, [some studies suggest avoiding vigorous exercise right before bedtime](#). Use this time to practise more calming exercises instead, such as yoga or gentle stretching, or try out one of these [mindfulness activities](#).

## Stuck in a rut?

While establishing a routine is helpful as you start out, variety is key when it comes to exercise. Keep it interesting and do things you love! Enjoy dancing? Try Zumba. Nuts for nature? Go for a bush walk.

Household items such as bags of rice can be used as weights, while exercise bands are a great, affordable tool to add to your kit. Sometimes, all you need is your bodyweight – check out our guide to [functional fitness](#).

To help you get started, we've created two routines that use a mix of bodyweight, gym equipment and exercise bands.



As always, we recommend speaking to your GP before starting any new routine and to [practise safety precautions while exercising](#).

## Further reading

- [Strength training during menopause](#)
- [Physical activity and exercise guidelines for all Australians](#), Australian Government Department of Health and Aged Care

- Maintaining weight during menopause, Australasian Menopause Society
- Menopause and exercise factsheet, Exercise is Medicine Australia

## Coming up...

In the final week of our *Mastering menopause* month, we explore how cognitive behavioural therapy techniques can help manage menopause symptoms, including low mood, anxiety, insomnia and more.

Yours in good health,

Team CBHS Health

### Sources:

<https://healthybonesaustralia.org.au/osteoporosis-you/diagnosis/>

<https://www.menopause.org.au/hp/information-sheets/lifestyle-and-behavioural-modifications-for-menopausal-symptoms>

<https://www.cbhs.com.au/mind-and-body/blog/7-ways-to-keep-your-heart-healthy>

<https://www.cbhs.com.au/mind-and-body/blog/bone-health>

<https://www.cbhs.com.au/mind-and-body/blog/got-15-minutes-a-day-try-the-5-tibetan-rites-yoga-sequence>

<https://www.cbhs.com.au/mind-and-body/blog/the-health-benefits-of-pilates>

<https://www.cbhs.com.au/mind-and-body/blog/touching-your-toes-without-tears-is-powerful-for-your-health>

<https://www.cbhs.com.au/mind-and-body/blog/6-mindfulness-activities-you-can-try-right-now>

<https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-safety>

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