Staying Healthy Premenopausal:

- Start a weight bearing exercise program to strengthen bones 3-5 times per week
- Get regular female exams
- Increase dietary Iron and Calcium (61-mg/day) consumption
  - Eat red meat for Iron, dark green veggies for Calcium and get sunlight for Vitamin D
- Decrease inflammation by taking Fish Oil
- Limit estrogen exposure
  - Switch to glass instead of plastic water bottles and containers
- Increase probiotic and antioxidants intake through proper nutrition and supplementation

Staying Healthy Post-Menopause:

- Increase dietary consumption Calcium (800mg/day), Vitamin D (500 IU), B12 and Folic Acid
- Do weight-bearing exercises for healthy bones for at least 30 minutes three times a week
- Get regular female exams
- Limit caffeine consumption
- Sleeping patterns decrease so need to increase quality sleep
- Decrease salt and carbohydrate consumption

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Menopause & The Body

Hormones and Menopause:

- Menopause decreases the amount of estrogen, testosterone and progesterone a women makes
- Estrogen is an important factor for preserving bone health
- Testosterone is important for maintaining bone and muscle mass
- Progesterone works with estrogen to control cortisol which is a factor in fat storage
- Exercise post menopause can decrease androgen, a hormone that in excess can cause many severe health issues

Symptoms of Menopause

- Trouble Sleeping
- Mood Changes
- Hot Flashes
- Change in Period
- Urinating Often
- Weight Gain

The average age of menopause is 51 but peak bone mass occurs at age 35-40.

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Make Wellness a Priority!