

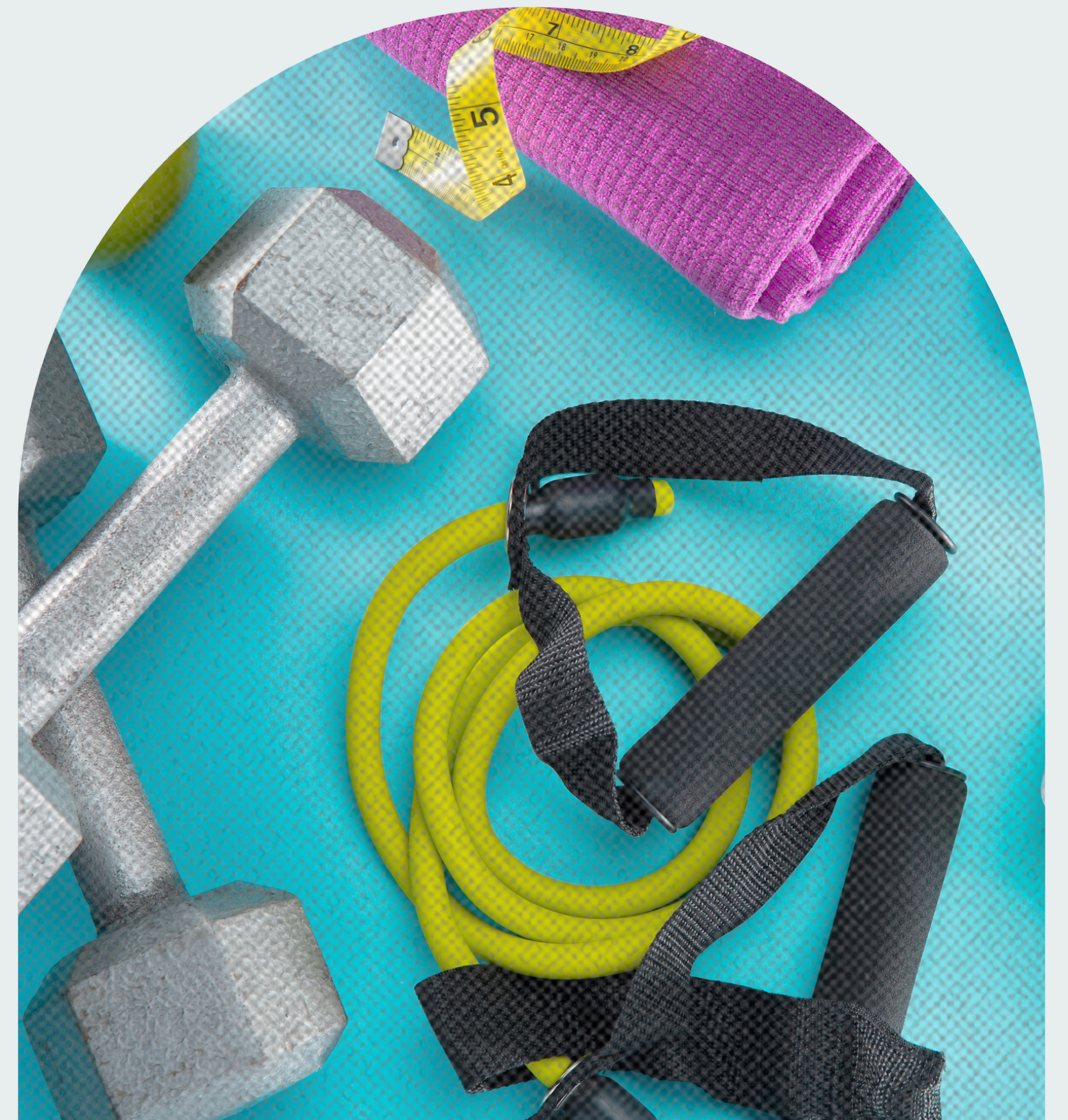
Optimising Heart and Bone Health for Menopause

Through Movement



EXERCISE

Thoughts
Feelings



The Miracle Cure

Step right up! It's the miracle cure we've all been waiting for.

It can reduce your risk of major illnesses, such as coronary heart disease, stroke, type 2 diabetes, cancer and lower your risk of early death by up to 30%.

It's free, easy to take, has an immediate effect and you don't need a GP to get some.

Its name?

EXERCISE

EXERCISE

EXERCISE

The Miracle Cure

Heart Health

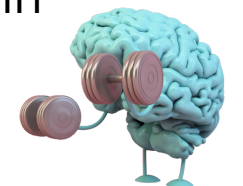
- Increases heart muscle strength
- Improves lung function
- Lowers blood pressure
- Lowers high cholesterol
- Lowers high blood sugar (diabetes)
- Maintains a healthy weight
- Reduces stress on joints
- Reduces inflammation in the body

Bone Health

- Strengthens bones
- Makes bone denser
- Replaces old bone with new bone
- Improves balance and coordination
- Reduce risk of injury
- Helps prevent osteoporosis

Mental Health

- Can help us to cope with the stresses of daily life more effectively
- Builds confidence and self-esteem
- Improves concentration
- Improves sleeping patterns
- Give you a natural energy boost
- Reduces symptoms of depression and anxiety
- Releases chemicals in your brain that makes you feel happy



It's medically proven that people who do regular physical activity have lower risk of:

coronary heart disease and stroke

type 2 diabetes

bowel cancer

breast cancer in women

early death

osteoarthritis

hip fracture

falls (among older adults)

depression

dementia

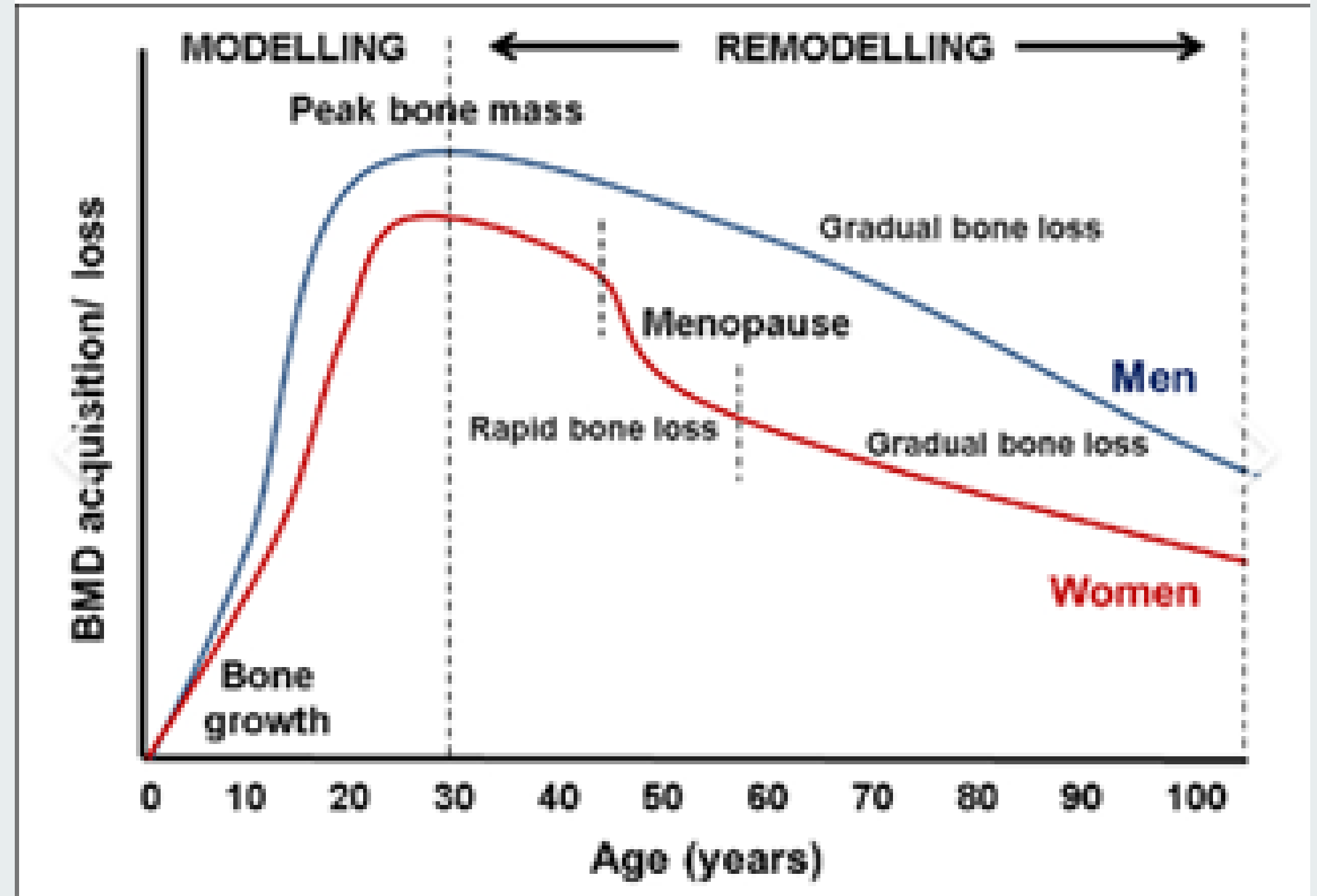
Changes During Menopause



Bone Health Through the Ages

After the menopause, oestrogen levels fall. This can lead to a rapid decrease in bone density

(NHS.uk)



Oestrogen and Bone Health

Increases bone mineral density

Increases bone mass

Speeds up absorption of calcium



Oestrogen and Heart Health

Controls cholesterol levels

Reduces risk of fat building up in your arteries

Keeps blood vessels healthy

After the menopause, oestrogen levels fall.

There is an increased risk of heart attack and stroke (NHS.uk)



The Miracle Cure - Exercise

Heart Health

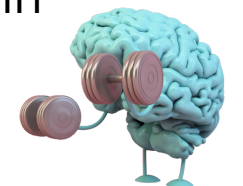
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Half an Hour of Exercise

= 2%

of your day

Government Guidelines for Exercise

- **Strengthening activities** that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least **2 days a week**
- **150 minutes** (min) of **moderate** intensity activity **a week OR**
- **75 minutes** of **vigorous** intensity activity **a week**

Type of sport, physical activity or exercise	Improvement in muscle function	Improvement in bone health	Improvement in balance
Running	★	★★	★
Resistance Training	★★★	★★★	★★
Aerobics, circuit training	★★★	★★★	★★
Ball Games	★★	★★★	★★★
Racquet Sports	★★	★★★	★★★
Yoga, Tai Chi	★	★	★
Dance	★	★★	★
Walking	★	★	☆
Nordic Walking	★★	?	★★
Cycling	★	★	★

BARRIERS or EXCUSES



Let's Get Started

01 Do something you enjoy

02 Small steps
Slow, steady and consistent

03 Think Active -
Include 'exercise snacks'

THE FIRST STEP...



FREE FITNESS

Menopause Wellness Workouts

Live on Zoom, Monday, Wednesday - Friday 7-7:30am
On-Demand YouTube Channel

Yoga with Adele - Friday 12-12:30pm

Pilates starting in April - Wednesday 6.30-7:30pm

Thank you

Questions?

Links

www.theros.org.uk

www.thbhf.org.uk

www.womens-health-concern.org

www.daisynetwork.org