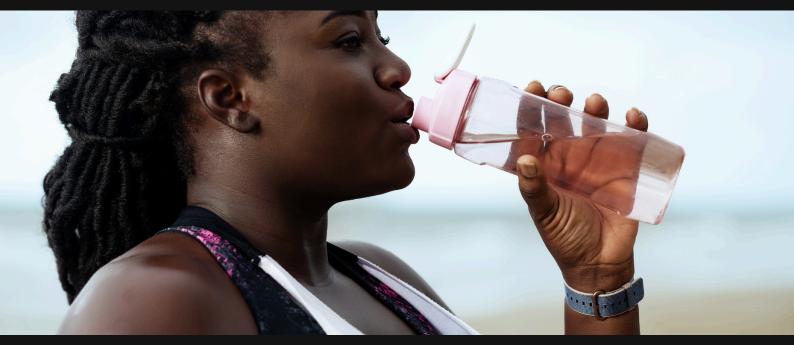# FITNESS

IN MIDLIFE

BENEFITS OF EXERCISE DURING MENOPAUSE

FITNESS IN MIDLIFE

BENEFITS OF EXERCISE DURING MENOPAUSE

SYMPTOM RELIEF

Exercise can help alleviate common menopause symptoms such as hot flashes, mood swings, and sleep disturbances.

WEIGHT MANAGEMENT

Regular physical activity helps to maintain a healthy weight, counteracting the metabolic changes that can occur during menopause.

BONE HEALTH

Weight-bearing exercises strengthen bones and reduce the risk of osteoporosis, which becomes a concern post-menopause.

IMPROVED MOOD & INCREASED ENERGY LEVELS

Exercise releases endorphins, which can enhance mood and reduce feelings of anxiety and depression. Regular physical activity boosts energy and combats fatigue, helping women feel more vibrant and active.

TYPES OF EXERCISES

CARDIOVASCULAR EXERCISE

Cardiovascular (or aerobic) exercise improves heart health, boosts metabolism, and enhances overall fitness.
- Examples:
 - Walking or brisk walking, Jogging or running
 - Cycling (stationary or outdoor), Swimming
 - Dance classes (Zumba, ballet, etc.)
-Recommendation: Aim for at least 150 minutes of moderate-intensity aerobic activity per week.

STRENGTH TRAINING

 Strength training helps build muscle mass, which tends to decline with age, and improves bone density.
- Examples:
 - Resistance bands exercises
 - Free weights (dumbbells, kettlebells)
 - Bodyweight exercises (squats, lunges, push-ups)
 - Weight machines at the gym
- Recommendation: Include strength training exercises at least two days a week, targeting all major muscle groups.

FLEXIBILITY AND BALANCE

Flexibility exercises improve range of motion and prevent injury, while balance exercises help reduce the risk of falls.
- Examples:
 - Yoga
 - Pilates
 - Stretching routines
 - Tai Chi
- Recommendation: Incorporate flexibility and balance exercises into your routine at least two to three times a week.

CREATING YOUR FITNESS ROUTINE

Developing a structured fitness routine can help you stay motivated and on track. Here's how to create one:

Setting Realistic Goals

SMART Goals:
Set specific, Measurable, Achievable, Relevant, and Time-bound goals. For example, "I will walk for 30 minutes, five days a week, for the next month."

How to Build a Balanced Workout Plan

Weekly Structure: A balanced weekly schedule includes cardiovascular, strength, and flexibility exercises.

For example:
 - Monday: 30 minutes of brisk walking + 20 minutes of strength training
 - Tuesday: Yoga class or stretching routine
 - Wednesday: 30 minutes of cycling + core exercises
 - Thursday: Rest or light walking
 - Friday: Strength training + dance class
 - Saturday: 45 minutes of swimming or hiking
 - Sunday: Rest and recovery

SAMPLE WEEKLY WORKOUT SCHEDULES

Beginner Schedule
- Monday: 20 minutes walking
- Wednesday: 15 minutes bodyweight exercises (squats, push-ups)
- Friday: 20 minutes of yoga or stretching

Intermediate Schedule
- Monday: 30 minutes brisk walking + 15 minutes of strength training
- Wednesday: 30 minutes cycling
- Friday: 45 minutes of yoga or Pilates

Advanced Schedule
- Monday: 45 minutes running + 30 minutes of strength training
- Wednesday: 30 minutes of high-intensity interval training (HIIT)
- Friday: 60 minutes of mixed martial arts or dance class

Cardio Core
(No equipment)

HIGH KNEES

3 Sets

30 Sec each

15 Sec rest

SKIPPING

3 Sets

30 Sec each

15 Sec rest

JUMPING JACKS

3 Sets

30 Sec each

15 Sec rest

BURPEES

3 Sets

30 Sec each

15 Sec rest

RUNNING ON THE SPOT

3 Sessions

30 Each

15 Sec rest

PLANK

3 Sets

30 Sec

15 Sec rest

BIRD DOG

3 Sets

30 Sec

15 Sec rest

FLUTTER KICKS

3 Sets

30 Secs

15 Sec rest

BACK EXTENSION

3 Sets

30 Secs

15 Sec rest

RUSSIAN TWIST

3 Sets

30 Sec each

15 Sec rest

Full Body Workout
equipment, dumbells & resistance band

ROUND 1

1 HIGH KNEES	2 WALL SQUATS	3 MOUNTAIN CLIMBERS	4 CHEST PRESS	5 DUMBELL PUNCHES
3 Sets	**3** Sets	**3** Sets	**3** Sets	**3** Sessions
30 Sec each	**30** Sec each	**30** Sec each	**30** Sec	**30** Secs
15 Sec rest	**15** Sec rest	**15** Sec rest	**15** Sec rest	**15** Sec rest

ROUND 2

6 SIT UP	7 DONKEY KICK	8 ELEVATED LUNGES	9 SUMO SQUAT	10 RUSSIAN TWIST
3 Sets	**3** Sets	**3** Sets l&r	**3** Reps	**3** Reps
12 - 15 reps	**12 - 15 reps**	**12 - 15 reps**	**12 - 15 reps**	**12 - 15 reps**
45 Sec rest	**45** Sec rest	**45** Sec rest	**45** Sec rest	**15** Sec rest

MIDLIFE *Is not* THE OF END OF THE *Road* BUT THE START A *New* JOURNEY

MENOPAUSE IN MOTION