American Heart Association.

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Life's Essential 8 *for Menopause*

Beyond the Scale



If you've noticed your weight shifting in midlife, you're not alone. Declining estrogen levels during the menopausal transition can slow your metabolism, which can affect your fat storage, causing fat to stay more around your stomach area. This excess weight can increase your risk for Type 2 diabetes, heart disease, Cardiovascular-Kidney-Metabolic Syndrome, and stroke. There are steps you can take to help you feel and look your best.

Where to Start

Understand your Body Mass Index (BMI). This number relates your weight to your height. Optimal BMI is less than 25. Less than 18.5 is underweight. You can calculate BMI online or talk to a healthcare professional.



What to Enjoy More of

- Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, and lean animal proteins like fish and seafood. Understand portion sizes and how much you might really be eating.
- Add intensity to your workouts to burn more calories and improve your overall health.
- Talk to your healthcare professional about medications that can assist in weight loss like a GLP-1 and if they may be right for you.

What to do Less

- Sit less. Find ways to move more throughout the day like taking the stairs, parking your car further away in a parking lot, or going up and down every aisle at the grocery store.
- Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.
- Reduce your stress. Try meditation, spending time in nature, journaling or something else that brings you peace.

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