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Life's Essential 8 *for Menopause*

Movement Matters

With work, family, and other responsibilities, it can be hard to make time for exercise during midlife. However, regular physical activity is one of the best ways to support your heart and brain health during menopause. Exercise can boost your energy, improve your mood, strengthen your bones and muscles, and support better sleep. It may also help reduce the risk of obesity, type 2 diabetes, and osteoporosis.



Where to Start

Women who are physically active during midlife are more likely to stay healthy and active as they age. Aim for 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, spread throughout the week. Walking is an easy and effective way to start moving more.

What to Enjoy More of

- Exercises that help reduce the risk of chronic diseases and maintain a healthy body weight such as running, swimming, aerobics or dance.
- Exercises that help prevent bone density loss, such as strength training.
- Low-intensity exercise that supports well-being, such as yoga.

What to do Less

- Avoid overworking yourself when exercising to help prevent an injury.
- If you have low bone density or osteoporosis, avoid high-impact exercises where a fall could happen like aerobics on a slippery floor.



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