



# MANAGING MENOPAUSE

THROUGH MOVEMENT & NUTRITION ©

[www.menopausemovement.co](http://www.menopausemovement.co)

## CONSISTENT MOVEMENT



RESISTANCE EXERCISE



STRENGTH TRAINING



HIGH INTENSITY



BRISK WALKING



REST & RECOVERY



PELVIC FLOOR EXERCISES

## BENEFITS



SLEEP



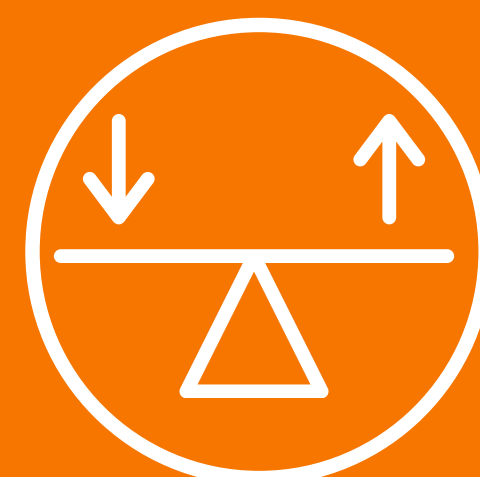
STRESS REDUCTION



BONE DENSITY



ENERGY LEVELS



BALANCES GLUCOSE LEVELS



WEIGHT CONTROL



PELVIC HEALTH

## IMPROVE NUTRITION



EAT RAINBOW FRUIT & VEG



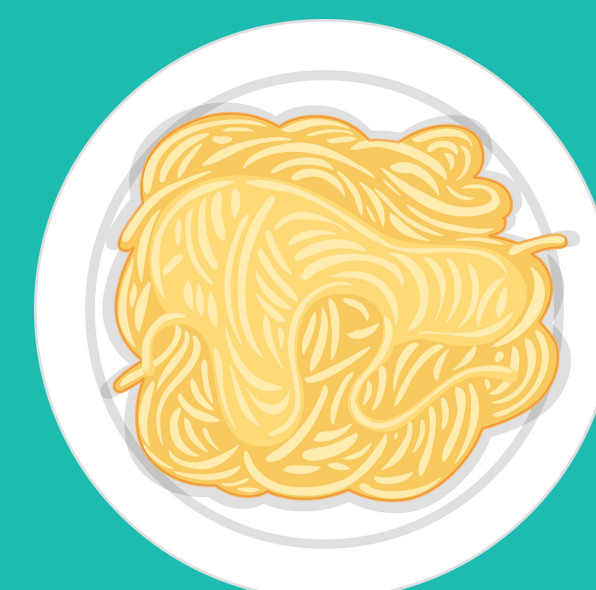
INCREASE FIBRE



EAT PROTEIN EACH MEAL



REDUCE SUGAR



CUT DOWN REFINED CARBS



EAT WHOLEGRAIN CARBS