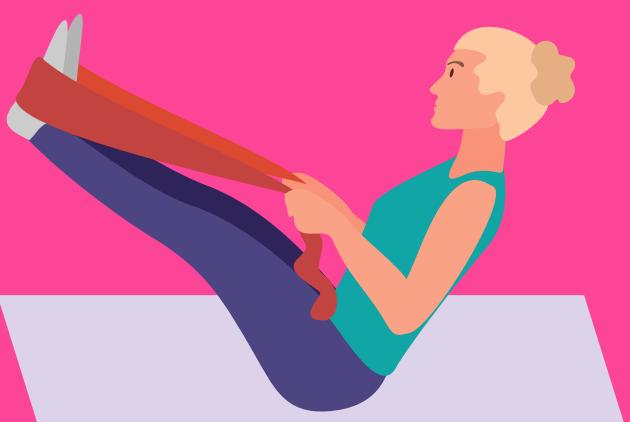




MANAGING MENOPAUSE THROUGH MOVEMENT & NUTRITION ©

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CONSISTENT MOVEMENT



RESISTANCE
EXERCISE



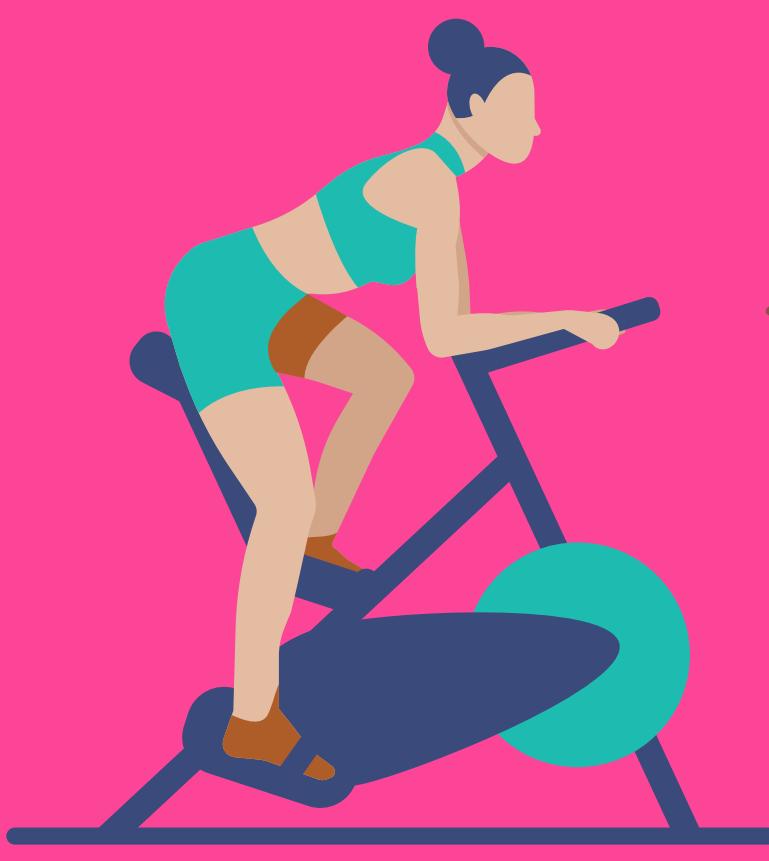
BRISK
WALKING



STRENGTH
TRAINING



REST &
RECOVERY



HIGH
INTENSITY



PELVIC FLOOR
EXERCISES

BENEFITS



SLEEP



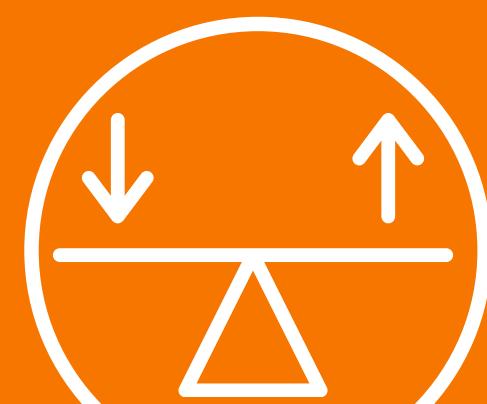
STRESS
REDUCTION



BONE
DENSITY



ENERGY
LEVELS



BALANCES
GLUCOSE LEVELS



WEIGHT
CONTROL



PELVIC
HEALTH

IMPROVE NUTRITION



INCREASE
FIBRE



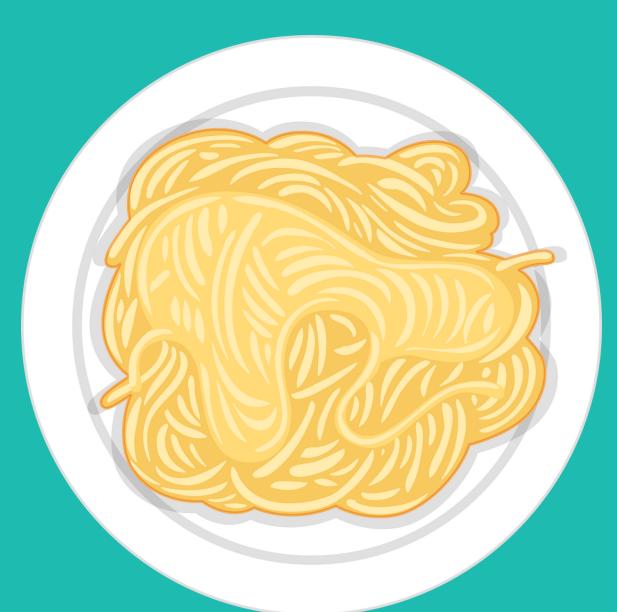
EAT RAINBOW
FRUIT & VEG



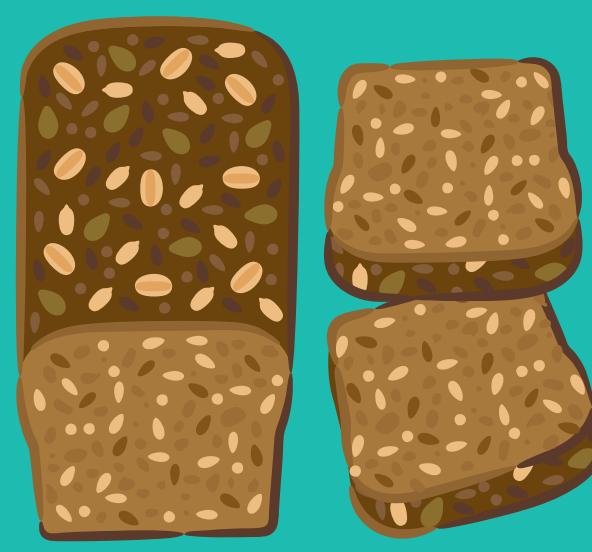
EAT PROTEIN
EACH MEAL



REDUCE
SUGAR



CUT DOWN
REFINED CARBS



EAT WHOLEGRAIN
CARBS