

MENOPAUSE & EXERCISE

Manageable Symptoms through exercise:

- Sleep disruptions
- Weight gain
- Increased anxiety
- Fatigue
- Depression
- Joint, muscle aches & pains
- Osteoporosis & cardiovascular disease

The acute effects of exercise and long term adaptations that result from a specialised exercise training program provide positive changes on the symptoms of menopause.



UNDERSTANDING MENOPAUSE



Hormones & Exercise

- Learn how the hormone oestrogen plays an important role in maintaining bone strength, and how bone loss during menopause can lead to osteoporosis. Our exercise programs focus on weight bearing movements that are critical to slow down this process.
- Understand how oestrogen withdrawal has a detrimental effect on cardiovascular function and metabolism and increases the risk of cardiovascular disease. Exercise is an incredibly useful therapy to help reduce hypertension and improve body fat distribution.
- The natural changes in the body during menopause can decrease your motivation, our individualised resistance training programs take into account hormonal fluctuations and other factors to achieve the best physiological and psychological results.

Strength & Conditioning

- Strength sessions are conducted in our private clinic under the supervision of an exercise physiologist, and are developed using evidence based exercise prescription and validated scientific principles.
- The focus of the specialised exercise program is to provide improvements in cardiovascular fitness, improvements in body composition, decreased anxiety and depression, and enhanced feelings of well-being.
- An individualised strength training program helps to further reduce your risk of inactivity-related chronic disease and can be helpful in minimising symptoms of menopause.

**For more information contact ENVY by email
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