



**Nutrition and
Exercise During
Menopause
Presented By:
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Lunch and Learn Lecture Series

What to Expect Today

- What causes menopause
- Symptoms and how to cope
- Possible health risks
- Hot flashes
- Nutrition and menopause
- Exercise and menopause
- Maintaining a Healthy Lifestyle

What is Menopause

- Part of aging that ends a woman's reproductive years
- Usually occurs in your late 40s to early 50s
- If ovaries are removed, can happen earlier
- The ovaries slowly begin to run out of eggs and no longer release any
- End of menstrual cycle
- End of production of estrogen and progesterone

Symptoms of Menopause

- Irregular periods
- Periods that are heavier/lighter
- Hot flashes
- Bladder irritability
- Dry skin, eyes, or mouth
- Emotional changes
- Sleeplessness

Coping with Symptoms

- Hormone Therapy
- Wear loose cotton clothing
- Cool house temperature
- Support from friends, family, or counselors
- Take medications, vitamins, and minerals
- Eat well and exercise

Possible Health Risks

- Osteoporosis
- Coronary Artery Disease
- Breast cancer

Hot Flashes

- Avoid stress, alcohol, spicy food, smoking, tight clothes, caffeine, and heat
- Take slow deep breaths
- Exercise daily
- Include Vitamin E and Soy Protein in your diet
- Wear socks to bed

Nutrition and Menopause

- Increase calcium and iron
- More fiber
- 2-4 servings of fruits and vegetables
- Read your labels
- 64 ounces of water
- Less than 30% of your diet from fat
- Cut back on sugar and sodium
- Limit alcohol

Nutrition and Menopause

- Isoflavones
 - Soybeans, soy flour, tempeh, tofu, soymilk
- Avoid caffeine, alcohol, and spicy foods
- Take supplements Calcium and Vitamin D

Exercise and Menopause

- Importance of weight bearing exercises
- Walking
- Boosts your mood
- Reduces abdominal fat
- Prevention of heart disease
- Less severe hot flashes
- Reduces the risk of fractures
- Speak with your physician
- Make it fun

Maintaining a Healthy Lifestyle

- Quit smoking
- Eat a well balanced diet
- Exercise every day

Health YOUiversity

- Your own personal health coach to help you maintain a healthy weight
- Personalized meal and exercise plans
- Accountability
- Stress management
- Contact Shannon at shendrix-buxton@nifs.org to see if you qualify and receive an application
- Any questions over today's presentation, contact myself (Amanda) at avogel@nifs.org



Questions?

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