



“This is an invitation into your wild-woman phase, to being a moon driver. You have spent years being driven by the moon, and now you are going to drive the moon. And I was like, 'That's right. I'm about to drive the moon”

Tracee Ellis Ross

PERI-MENOPAUSE + MENOPAUSE STRATEGIES FOR MIND & BODY

1. Physical Activity: A well-rounded exercise schedule is essential during perimenopause and menopause. This should include:

- Cardiovascular exercises such as walking, cycling and or running for a minimum of 150 minutes per week (2.5 hours moderate intensity, 75 mins high intensity). To obtain greater benefits and help weight loss, avoid unhealthy weight gain and to reduce the risk of cancer, the recommendation is for women to do: 300 minutes (5 hours) of moderate intensity physical activity weekly or 150 minutes (2.5 hours) of vigorous intensity physical activity.
- Prioritise strength training sessions. Aim for 2-3 times per week to preserve muscle mass, weight-bearing exercises can also help strengthen bones and prevent osteoporosis, maintain metabolism, improve glucose control and body composition.
- Consider HITT or SIT training- 85% of max heart rate – sprints 10/30 seconds – dial down volume increase intensity.
- Plyometric work increase type 2 muscle fibers, reaction time insulin sensitivity / bone density proprioception + balance.
- Flexibility exercises such as yoga to keep joints healthy, Good for stress axis and reducing falls risk.
- Mind-body exercises like yoga, meditation or tai chi to manage stress, promote mental well-being and reduce cortisol levels.

- Pelvic floor exercises can address some concerns related to urinary incontinence for more serious issues see a pelvic floor physiotherapist or a continence nurse.
- Regular exercise, particularly aerobic and resistance training, boosts blood flow to the brain and promotes the growth of new brain cells. It also aids in reducing stress and improving sleep, both of which are crucial for cognitive health. If you are not currently exercising start small.



Moderate Intensity	Vigorous Intensity
<ul style="list-style-type: none"> • brisk walking • recreational swimming • dancing • household tasks like cleaning windows or raking leaves • pushing a stroller 	<ul style="list-style-type: none"> • jogging • aerobics • fast cycling • organised sports • tasks involving lifting, carrying or digging.

2. Healthy Diet: Choose simple and balanced meals with lean proteins, whole grains, fruits, veggies, and healthy fats. Some strategies to consider include:

- Prioritise omega-3 fatty acid-rich foods like fatty fish, chia seeds, flaxseeds, and walnuts.
- Opt for lean protein-rich choices such as chicken, turkey, tofu, beans, and lentils.
- Include fibre-rich foods like whole grains, veggies, and legumes for stable blood sugar and gut health.
- Stay hydrated with standard eight glass/day of water and consider herbal teas for variety.
- Try to simplifying recipes by choosing those with minimal ingredients or using slow cooker/one-pot meals. Batch cook and freeze individual portions for convenience.
- Save time with frozen fruits, veggies, and pre-cut ingredients.
- Stick to a regular meal schedule for stable energy levels and try to eat before 7pm
- Having snacks like boiled eggs, nuts, yogurt, or cut-up veggies readily available.
- Consult your healthcare professionals or a Naturopath for potential herbal or nutritional supplements like Magnesium, Omega-3, B-complex or Black cohosh.

- Keep a food diary and pay attention to how different foods affect your well-being.
- Avoid drinking alcohol and if you do limit it to maximum of 2 standard drinks.
- Think about walking for 10 mins after your meals to flatten your glucose curve.

Other Strategies

- Cognitive Training:** Engaging in activities that challenge your brain can help maintain cognitive function. This includes puzzles, learning a new skill, or engaging in hobbies that require mental effort (reading, sudoku, wordle).
- Social Interaction:** Maintaining social connections can help prevent depression and stress, both of which can affect brain health. Social interactions also stimulate the brain through conversation and shared activities.
- Quality Sleep:** Menopause can often disrupt sleep patterns, impacting cognitive function and mood. Strategies to improve sleep include maintaining a regular sleep schedule, creating a comfortable sleep environment, and avoiding stimulants like alcohol and caffeine or screens before bed.
- Stress Management:** High levels of stress can impair cognitive function and mental resilience as well as increase cortisol. Techniques such as mindfulness, meditation, yoga, and deep-breathing exercises can be effective in managing stress and cortisol levels.
- Consider MHT:** For some women, menopausal hormone therapy (MHT) formerly known as hormone replacement therapy (HRT) can help mitigate the symptoms associated with menopause. The benefits and risks of MHT should be carefully evaluated with your GP/doctor.
- Regular Health Check-ups:** Regular medical check-ups can help manage menopause-related changes and their effects. This includes ensuring you ask for an annual blood tests, keep an eye on your blood pressure/ cholesterol, cardiovascular and bone health (ask for a DEXA scan if you are at risk of osteopenia or osteoporosis) and keep your mental health in check.

FREE RESOURCES

- Jean Hailes: <https://www.jeanhailes.org.au/health-a-z/menopause>
- Australasian Menopause Society: <https://www.menopause.org.au/health-info/fact-sheets>
- Australian Menopause Centre: <https://www.menopausecentre.com.au/blog/>
- Balance App: <https://www.balance-menopause.com/balance-app/>
- Dr Louise Newson Podcast: <https://open.spotify.com/show/7dCctfyI9bODGDafnJfKhg>
- Australian Dietary Guidelines: <https://www.eatforhealth.gov.au/nutrient-reference-values/chronic-disease/summary>.

- Blue Zones: <https://www.bluezones.com/>
- Osteoporosis: www.osteoporosis.org.au

RECOMMENDED READING

- The Definitive Guide to the Perimenopause & Menopause (Revised and Updated) – Dr Louise Newson 2024
- Hormone Repair Manual- Every Woman's Guide to Healthy Hormones After 40- Lara Briden, 2021
- Next Level, Your Guide to Kicking Ass, Feeling Great, Crushing Goals Through Menopause + Beyond – Dr Stacy Sims with Selene Yeager, 2022
- The Galveston Diet, Dr Mary Claire Haver, 2023
- Glucose Revolution. The life changing power of balancing your blood sugar, Jessie Inchauspe, 2022

If you have any questions please feel free to call me: 0449775240 or email chantal@dontthinkdo.com.au

Chantal x