

MENOPAUSE & EXERCISE



WOMEN AGED 45 - 55

AVERAGE AGE WOMEN
REACH MENOPAUSE



8% OF WOMEN

HAVE THEIR FINAL PERIOD
BY THE TIME THEY ARE 45

WHAT IS MENOPAUSE?

The start of menopause varies between ages for women dependent on family history, ranging from aged 40-60.

Common symptoms include:

- Hot flashes
- Vaginal dryness
- Sleep disturbances

The combination of these symptoms can cause anxiety or depression. Menopause is a natural process with treatments that focus on symptomatic relief.

HOW CAN EXERCISE HELP?

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| 01 | PREVENT WEIGHT GAIN | Women tend to lose muscle mass and gain abdominal fat around menopause. Regular physical activity can help prevent weight gain. |
| 02 | REDUCE RISK OF CANCER | Exercise can help you lose excess weight or maintain a healthy weight, which might offer protection from various types of cancer, including breast, colon and endometrial cancer. |
| 03 | STRENGTHEN YOUR BONES | Exercise can slow bone loss after menopause, which lowers the risk of fractures and osteoporosis. |
| 04 | REDUCE RISK OF CHRONIC DISEASE | Weight gain can have serious implications for your health. Excess weight increases the risk of heart disease and type 2 diabetes. Regular exercise can counter these risks. |
| 05 | BOOST YOUR MOOD | Research demonstrates that physically active adults have a decreased risk of anxiety, depression and cognitive decline. |

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

FIFTY
50 

