# MENOPAUSE HEALTH COACHING Week THREE

## Movement in, and beyond, the Menopause

Cathy Houghton
Health, Food & Movement Coach to Women



## THE SCARY STATS about NOT looking after our bones & muscles

In England & Wales, approx. 2m women have osteoporosis. Approx 2% of women age 50, to almost 50% age 80.

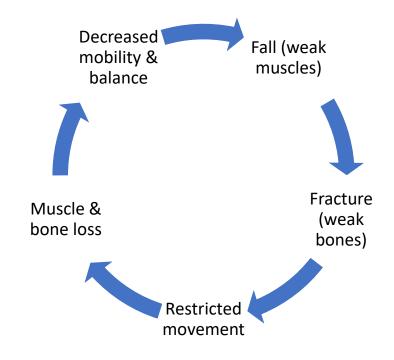
(https://cks.nice.org.uk/topics/osteoporosis-prevention-of-fragility-fractures/background-information/prevalence/)

Muscle loss age 30. **During MP progressive muscle degeneration** – sarcopenia loss of muscle mass + strength.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8170301/

More than 1 in 3 women will have an osteoporotic fracture – this excludes many vertebral fractures which go unrecognised

(https://cks.nice.org.uk/topics/osteoporosis-prevention-of-fragility-fractures/background-information/prevalence/)



### The Sex Hormones & Movement

- ❖ Oestrogen is ANABOLIC it builds things like bone & muscle. Cortisol is CATABOLIC it breaks these down.
- Oestrogen is anti-inflammatory crucial for keeping joints supple
- Progesterone is needed for connective tissue (e.g ligaments and tendons) stability + lower pain levels
- O is needed for effective sleep, P is needed to help us relax. Less of both = more tired
- \* Testosterone also is crucial for healthy bones & muscles, & energy

Lastly – a note about **stress** (cortisol). Exercise is <u>usually</u> a helpful stressor for the body – unless .....

- 1. You already have higher cortisol levels before starting to exercise—exercise will then increase
  - 2. You are doing too much higher impact exercise so raising cortisol too much

### So, listen to recommended advice + listen TO YOUR BODY



### ARE THERE BARRIERS IN YOUR WAY?

### Women in Sport 2018 found:

- 1/3 of women aged 41 to 60 are not meeting the Gov recommendations of 150 mins moderate exercise per week
- 1/5 don't achieve 30 mins per week
- BUT 8 out of 10 women wanted to do more exercise.

What is stopping them????

What is stopping you???

https://womeninsport.org/resource/menopause/

## **MODEL OF** MIDLIFE, **MENOPÁUSE AND EXERCISE**



#### **MIDLIFE FACTORS**

#### **PHYSICAL**

- · Health concerns
- Risk of injury
- Decreasing physicality
- Need to feel good

#### **PSYCHOLOGICAL**

- · Prioritise others over self
- . No time for self-care

#### SOCIAL

- Caring responsibilities
- Employment responsibilities
- · Need connection and belonging

...........

#### **MENOPAUSE FACTORS**

#### **PHYSICAL**

- Exhaustion
- Weight gain
- · Hot flushes and night sweats

#### **PSYCHOLOGICAL**

- · Anxiety, depression, low mood
- Irritability
- Shame and embarrassment

#### SOCIAL

- Stigma
- Isolation
- Feel irrelevant

#### ...LEAD TO BARRIERS TO ACTIVITY

#### CAPABILITY

- Limited view of exercise
- Self-identify as not sporty
- Health issues
- Declining fitness levels
- . Lack of energy

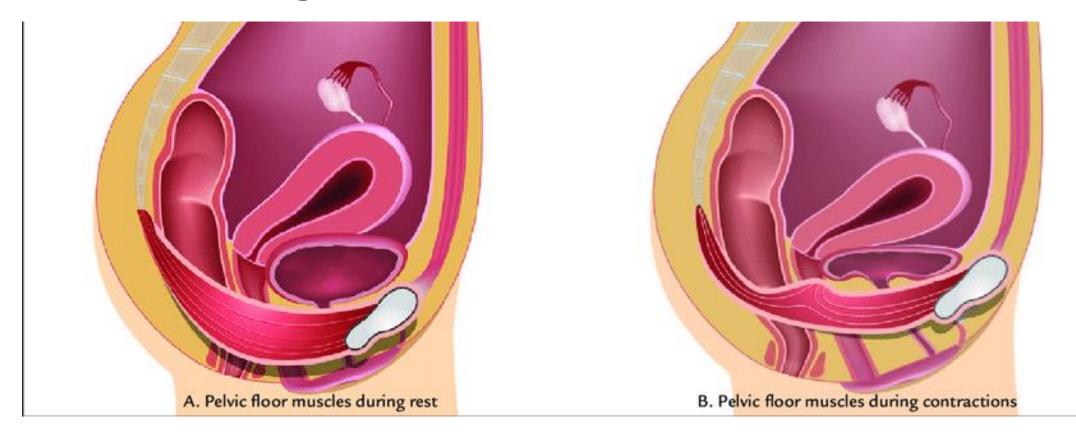
#### OPPORTUNITY

- · Embarrassment about weight
- Shame about menopause symptoms
- Exercise spaces not "for" them
- . Fear of ridicule
- · Access, transport, cost, time
- Limited relevant opportunities

#### MOTIVATION

- Don't relate exercise benefits to their needs Fear of judgement
- . Don't think they'll
- enjoy exercise Others' needs
- come first Worried about
- going alone

## A big barrier? the PELVIC FLOOR



https://www.researchgate.net/figure/llustration-of-pelvic-floor-muscles-at-rest-A-and-during-contraction-B\_fig1\_323385826

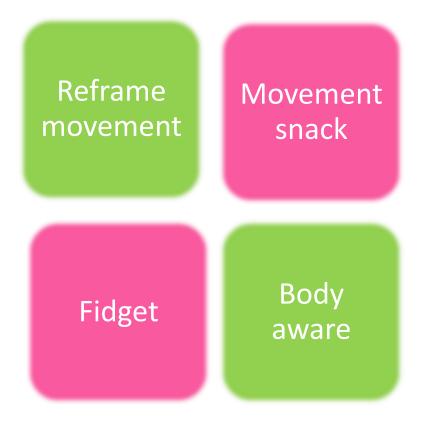
# Movement benefits - through the menopause and beyond

- Benefits of moving in sync with others connect!
- Increase daily metabolic rate through muscle
- Strengthens the pelvic floor
- Adrenaline, dopamine, endorphins = feel good. Antidepressant. Stress release.
- 'Hope molecules' the exercise hormone helps burn fat as fuel + helpful to brain.
- Yoga to increase GABA (calming, mood-boosting, neurotransmitter) <a href="https://pubmed.ncbi.nlm.nih.gov/20722471/">https://pubmed.ncbi.nlm.nih.gov/20722471/</a>
- Strength training can reduce hot flushes –50% improvement hot flushes after 15 weeks of x 2 week resistance. <a href="https://pubmed.ncbi.nlm.nih.gov/31239119/">https://pubmed.ncbi.nlm.nih.gov/31239119/</a>
- Neuroprotective action positive effects in preventing both ageing and neurodegenerative disease. https://pubmed.ncbi.nlm.nih.gov/18286390/
- Aerobic & strength training can improve high blood pressure
   & cardio risk in post-menopausal women
   https://pubmed.ncbi.nlm.nih.gov/30149647/





## Daily movement (not necessarily exercise)



Ask me for my movement snacking notes.





## Your turn!

What has got your attention?

What are you going to do?

What barriers might you have?

Do you have a back up plan?



