

MENOPAUSE HEALTH COACHING

Week THREE

Movement in, and beyond, the Menopause

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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.

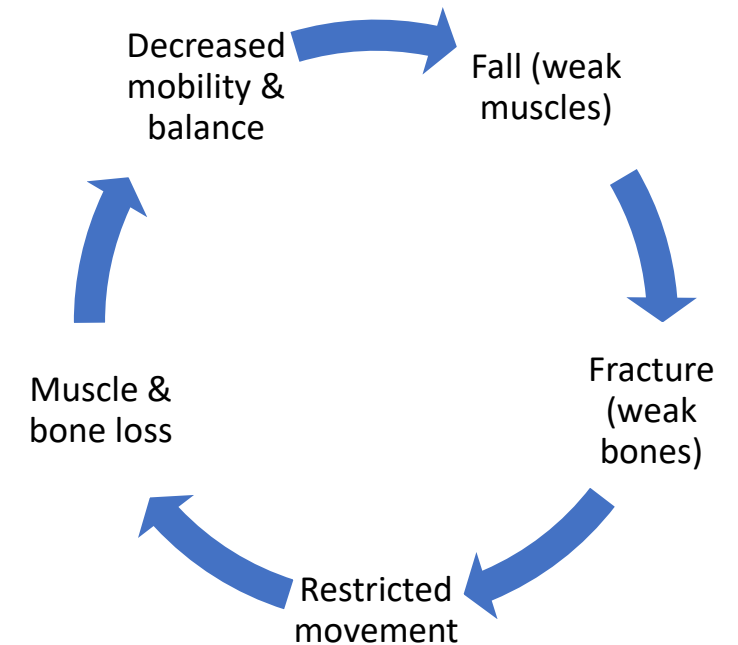
(<https://cks.nice.org.uk/topics/osteoporosis-prevention-of-fragility-fractures/background-information/prevalence/>)

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 usually 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:

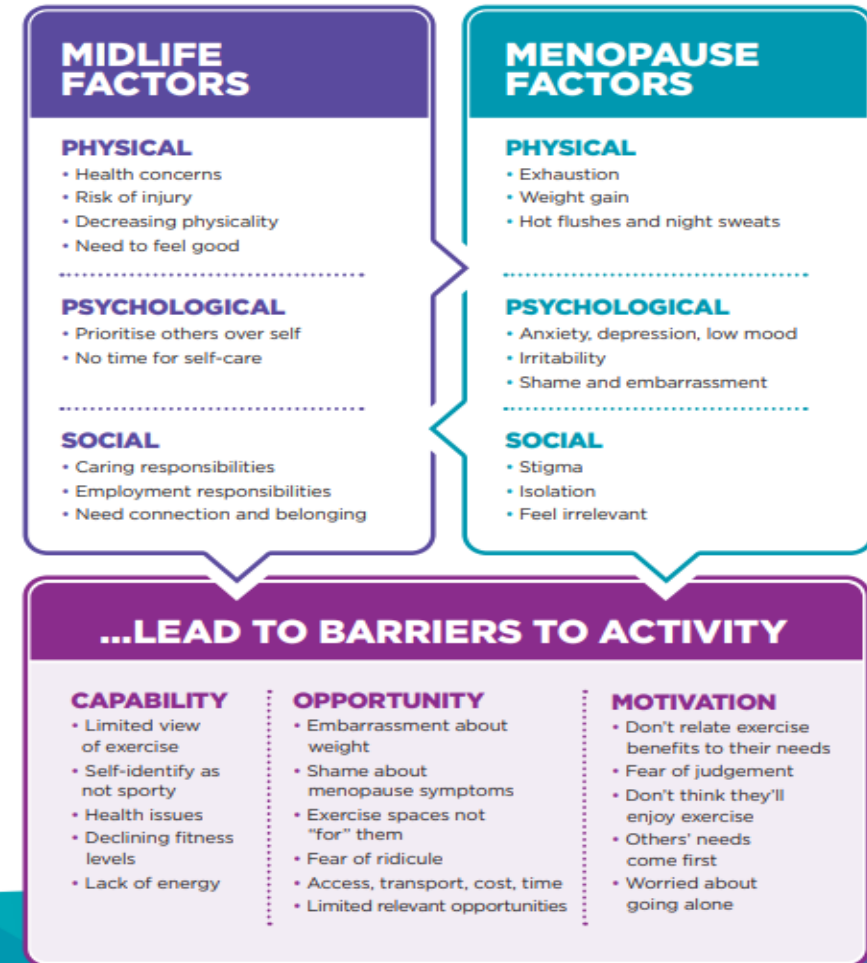
- 1/3 of women aged 41 to 60 are not meeting the Gov recommendations of 150 mins moderate exercise per week
- 1/5 don't achieve 30 mins per week
- BUT 8 out of 10 women wanted to do more exercise.

What is stopping them????

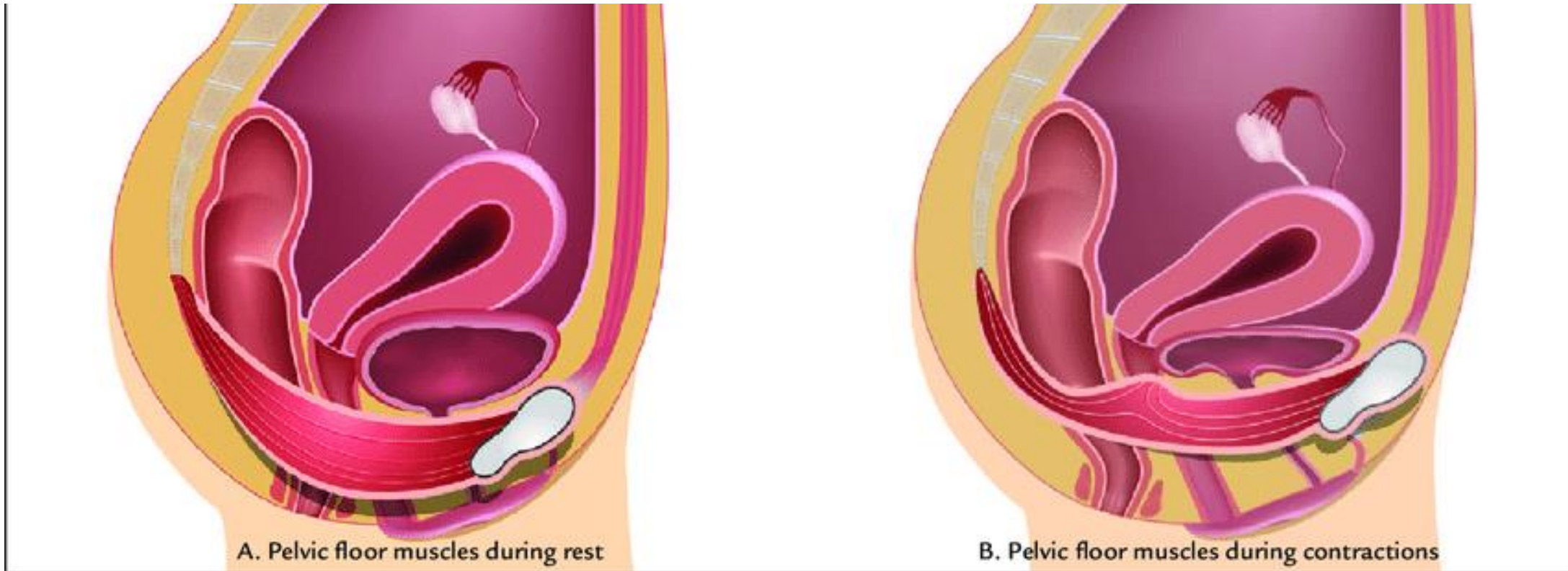
What is stopping you???

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

MODEL OF MIDLIFE, MENOPAUSE AND EXERCISE



A big barrier? the PELVIC FLOOR



https://www.researchgate.net/figure/illustration-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. Anti-depressant. Stress release.
- ‘Hope molecules’ – the exercise hormone - helps burn fat as fuel + helpful to brain.
- Yoga to increase GABA (calming, mood-boosting, neurotransmitter) <https://pubmed.ncbi.nlm.nih.gov/20722471/>
- Strength training can reduce hot flushes –50% improvement hot flushes after 15 weeks of x 2 week resistance. <https://pubmed.ncbi.nlm.nih.gov/31239119/>
- 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/>



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Daily movement (not necessarily exercise)

Reframe
movement

Movement
snack

Fidget

Body
aware

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?

