



# **10 REASONS TO EXERCISE DURING THE MENOPAUSE**





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The physical and emotional benefits of exercise are vast.  
Here are just 10 positive changes to your hormones and well being from regular exercise.



**1. Boosts your happiness levels with 'feel good' hormones**



**6. Helps to improve memory**



**2. Reduces your risk of heart disease**



**7. Increases self confidence**



**3. Promotes better sleep**



**8. Helps you perform better at work**



**4. Increases your energy levels**



**9. Decreases susceptibility to diseases, such as sarcopenia**



**5. Increases flexibility and strength**



**10. Increases your longevity by 3.4 years**  
(when exercising for 30 minutes, 5 times a week)