



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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Women in midlife find many excuses not to exercise, what they may not know is that exercise can relieve some symptoms of menopause.



♪♪ I'm Havin' a Hot Flash ♪♪ - Cool Menopause with Exercise

I rarely think about the negative effects of menopause anymore. My friends think I'm either lucky or a bit crazy for saying so. As my body transitioned from perimenopause to menopause, these same friends who were older than me at the time, told me it was not going to be easy. Except for occasional hot flashes and mild mood swings, I managed to keep my weight and energy levels in check.

You might say I developed a "sweet tooth" for exercising and I am a firm believer that this reduced menopausal symptoms for me—and inspired me to create my business!

According to the Australian Longitudinal Study on Women's Health, 2010, most women in menopause were more than likely to start and stop their exercise practice than their younger counterparts. They would exercise for a short time and then quit. There were many reasons. They felt it was too hard to keep up with class routines, had soreness or pain for days afterward, did not like to sweat, or lacked commitment. The study also affirmed there was a correlation between our hormones during menopause and raised cortisol levels which aide in keeping inflammation at bay in our muscles and joints; reduced cardiac performance and increased hot flashes, anxiety and depression. I can't blame them for quitting.

[Read More](#)



What's **NEW**

You Can't Resist!

Some of you may have noticed on Facebook that we're having a drawing to **win resistance bands** to those who sign up to receive "Fitting News". If you're interested in winning a resistance band, please send an email to lorim@lorimichiefitness.com with the subject line "I Want To Win" before August 31. We'll draw five names from those who respond—winners will be notified by September 15.

Lori Michiel, NASM-CPT, Senior Fitness Specialist

For more consultation, blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com or call 818-620-1442

Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

