

Women often wrongly assume that they are the problem when it comes to losing weight during and after menopause. You faithfully eat almost nothing but grilled fish and lettuce leaves. You diligently power walk for at least 30 minutes every day. But your clothes still feel tight and the numbers on the scale don't go down — even worse, they can nudge upwards, along with your waist circumference.

Welcome to:

Menopause, Hormones and Weight Gain

There are various factors that contribute to weight gain during menopause including declining levels of the hormone Oestrogen. Low levels of Oestrogen is associated with weight gain, especially at the waist, which doesn't just affect appearance. It also contributes, post menopause, to the increased risk of:

- Cardiovascular Disease
- Insulin Resistance
- Type 2 Diabetes
- Osteoporosis
- Frailty
- Falls and Fracture

Dieting is not the answer

To lose weight during and after menopause the basics still apply – we need to eat less calories than we burn. This is often summed up as “eat less and move more”. However, as we age, this message is oversimplified. When we diet, we not only lose body fat, but we also lose precious muscle mass, which is dangerous for our long-term health. Although we need to be careful with our calorie intake, we also need to pay special attention to some key nutrients including; protein, calcium, healthy fats and fibre. Rather than just restricting calories, it's now really about “**Eating With Purpose**”.

At Pulse Dietetics, there is plenty we can do to help. We know the challenges and frustrations that many women feel when trying to manage their weight and overall health during and after menopause. At Pulse, we understand the science of menopause and work closely with women to educate and empower them to take charge of their health.


For a deeper dive on this month's Hot Topic, including a detailed look at the different causes of weight gain during menopause, the associated health risks, body composition changes as we age, and how we can safely and effectively manage our weight to keep healthy and vital after menopause, please visit our website.

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