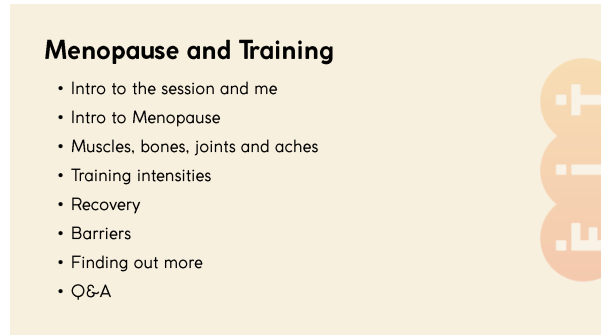
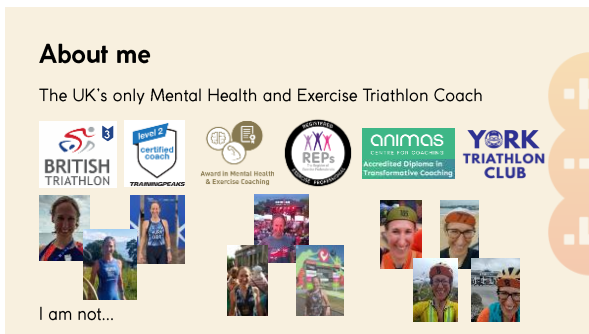




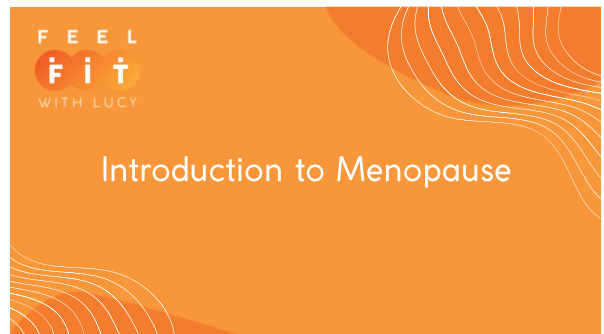
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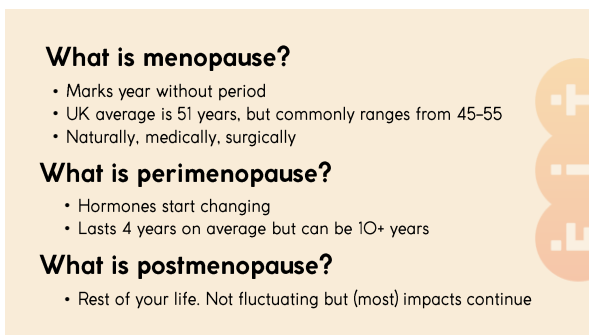
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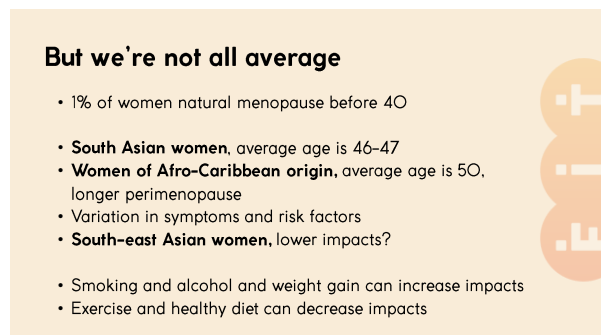
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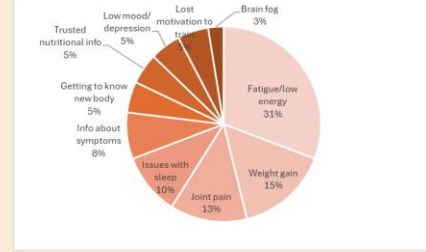
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Common symptoms

- mood changes (increased anxiety, depression and anger)
- more irregular periods and changes to flow
- increased PMS
- increased fatigue
- issues sleeping
- hot flushes and night sweats
- headaches
- poor memory and brain fog
- tender breasts
- bloating
- unexplained weight gain
- palpitations, changes in HR
- increased joint and muscle pain
- vaginal dryness, soreness, UTIs
- reduced sex drive
- bladder changes
- itchy skin and eyes and much more...

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Most common symptoms reported by you



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80% of women experience symptoms
25% have severe symptoms

80% of women didn't realise their symptoms were related to menopause

1 in 10 women give up their job because of menopause (1 in 4 consider it)

30% of women are less physically active post menopause

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How to know if it's menopause?

- Track symptoms (vs testing)
- Do you need to 'know'?
- NICE: Your GP should be able to tell if you are in perimenopause or menopause based on your age, symptoms and how often you have periods, so you are unlikely to need tests."

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Menopause and Training

Impact of menopause on training

30% of women are less physically active post menopause

Despite the fact that exercise could actually help prevent some significant impacts of menopause:

- Reduced oestrogen increases coronary heart disease risk - 1 in 14 UK women die from CHD (twice as many as breast cancer)
- Over 80% of perimenopausal women experienced mental health issues, including depression and anxiety. Women aged 50-54 have highest suicide rate.

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Why less active?

- Reduced bone and muscle mass and joint stability
- Fatigue/ Need more recovery
- Experience more barriers and issues with training (eg heart issues, weight gain, vaginal dryness, mood...)
- Other?

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Reminder of activity guidelines for general population

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Muscle, bones, joints and aches

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Muscle, bones and joints

- 🍷 Women's muscle mass loss after 30s: **up to 8%** a decade, more post 60
- 🦴 % of the 4m with osteop. in UK who are women: **80%**
 - Postmenopausal woman's chance of osteop.-related fracture = **50%**
 - How many of those with a hip fracture die
 - ~ within a month: **10%**
 - ~ within a year: **1/3**
- 🔥 % of women experiencing joint pain after menopause: **>60%**

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Bring in the S&C!

- 🏃 • Mobility work to help movement and which can reduce pain and chance of injuries
- 🏋️ • Strength training plus protein to reduce loss of muscle and bone
- 🏃 • Plyometrics to reduce loss of bone and maintain speed and power
- 🏃 • Stability training to support joints and reduce injuries
- 🏃 • Balance training to reduce chance of falls/ twisting ankle etc

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But....

- 💪 Don't want to bulk up
- 🏋️ I don't like the gym
- 🏃 I don't know what to do, worried about getting injured
- 🏃 I prefer pilates/ yoga/ Body Pump
- 📅... Yep, I'll start next week/ when I get old ...

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What	Impact	When/frequency	Each workout
Mobilise key joints: hips, ankles, thoracic	+ life expectancy + movement - injury	Min: Pre run and S&C Ideal: Daily to restore	5-10 mins
Stabilise key joints: calves, glutes, core incl PF, shoulders (incl posture focus)	+ injury + power/speed	Min: Pre run and S&C Ideal: 3x per week	5-10 mins
Strength - Big multi joint e.g. squats, deadlifts, lunges - Ideally 5-8 reps (but...) - Majority lower body for muscle mass and to support running, cycling etc.	+ life expectancy + bone density + muscle mass, supporting + power/speed + metabolic rate	Min: once per week Ideal: 2-3 times a week	20-30 mins
Plyometrics low level, multi-directional, power and lower leg specific	+ bone density + injury - power/speed	3 sets x 1 min x 3/week	3 mins
Balance	+ life expectancy - injury	Min: x2 within strength workout Ideal: when brushing teeth	30-60 secs each leg

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What is your goal?

Training for....

- to lose weight/ regulate insulin?
- a race/ to get faster?
- for general fitness?
- for mental health? ➤ Do what you enjoy doing

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Different training intensities

A: High Intensity training to help regulate insulin:

- 1) 100% efforts, 15-30 secs with 3-4 mins recovery
- 2) 80-90% efforts, e.g. 20 on/10 off x 8, 3 mins rest, repeat
 - e.g. KB swings, power squats, burpees, power jumps
 - e.g. turbo, ski erg, rowing machine, battle ropes, sled

- Avoid mid intensity circuits
- Moderate impact (I would avoid running)
- Good mobility and cardio warm up first
- Check with doctor

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Different training intensities

B) Zone 2 training for race goals

- Risk of raising cortisol?
- Vs need to build base (cardio and structural), especially before adding intensity
- Need to train appropriate intensity and volume for your race
- For greatest training benefits, stay out of grey zone: keep easy as easy and hard as hard

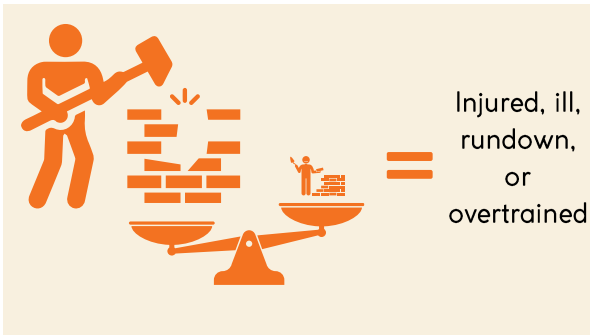
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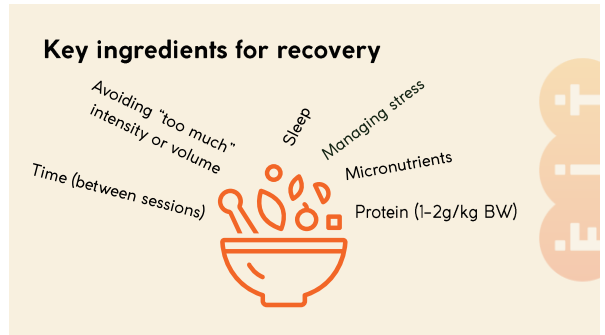
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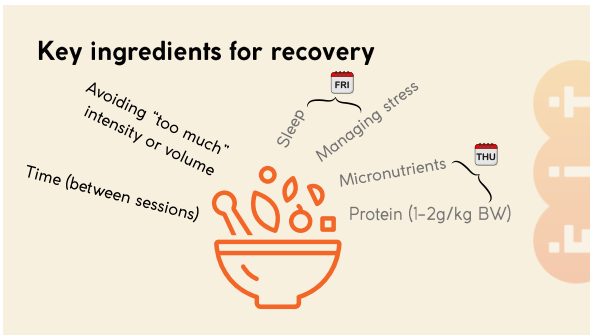
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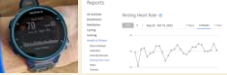
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Planning training and recovery

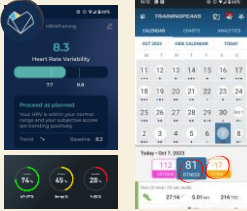
Know your RHR



Know your HR & RPE for given intensity



HRV4Training










If you use these tools then know your rules and **USE THEM!**

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Barriers

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-  How many women over 50 experience **urine leaks**: >50%
And up to **80%** of active women
-  **Vaginal dryness** - most menopausal women experience it, most don't do anything about it
-  **Sore boobs** - a well fitting bra can save **a mile** over a marathon
-  Average **weight gain** through menopause: **2-3.5kg**, mostly around stomach
-  Up to **50%** of menopausal women experience **palpitations**
-  **VO₂ max** decline from 30s onwards: **about 10%** per decade (M&F)
-  Anxiety, depression... **Fatigue** - see Thurs and Fri **Other?**



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Finding out more

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Still to come in Menopause Week, 8-11 Oct

-  Nutrition and menopause, 7pm
-  Mindset, rest and recovery through menopause, 12.30pm

Watch out for emails with the recordings and competition details

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Special offer: Light Touch off season plan

- **Get 50% off, bringing to £55/month**
- For up to 4 months, valid between Nov 24 - Feb 25
- Monthly coaching call
- Online training plan
- Discount on Club Feel Fit
- Base plan only, does not include race specific training builds
- **10 places only**: priority access for Menopause Week list

>>> Book an intro call to find out more - See email for details!

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Social media and emails

Follow me on Facebook and Instagram @feelwithlucy



See my weekly(ish) emails for support and inspiration

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Questions? Feedback?

Get typing or hands up

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