

# Fitness Guidelines for the Menopause Transition

Date: \_\_\_\_\_

Dear [Recipient's Name],

As you navigate through the menopause transition, it is essential to maintain a healthy lifestyle that includes regular physical activity. Here are some fitness guidelines to help you during this phase:

## 1. Stay Active

Aim for at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking, cycling, or swimming.

## 2. Strength Training

Incorporate strength training exercises at least twice a week to help maintain muscle mass and support bone health.

## 3. Flexibility and Balance

Include stretching and balance exercises, such as yoga or tai chi, to improve flexibility and prevent falls.

## 4. Listen to Your Body

Pay attention to your body's signals and adjust the intensity and type of exercise as needed.

## 5. Stay Hydrated

Drink plenty of water before, during, and after exercise to stay hydrated.

We encourage you to consult with a healthcare provider or fitness professional to create a personal fitness plan tailored to your needs.

Best wishes,

[Your Name]

[Your Title or Organization]