



5 WAYS TO BEAT MENOPAUSE FATIGUE:

Fatigue during menopause can dramatically affect your quality of life. However here are some tips and tools to work towards restoring your energy levels.

1. Exercise:

Regular exercise is a great tool for fatigue and it also lowers Cortisol levels. Moderate to high intensity exercise is directly linked to higher energy levels. Remember exercise can also trim fat, reduce hot flashes and improve joint pain. Schedule exercise 3 to 5 times a week for 30 minutes. (adding in 10 minute walks is a bonus) Pick an activity you enjoy and turn exercise into habit!

My commitment: _____

2) Sleep Routine:

A good sleep routine can leave us feeling energized. Go to bed and wake up at the same time daily including weekends. Avoid alcohol and caffeine after dinner. Consider a warm shower and avoid watching TV prior to bed.

My commitment: _____

3) Meditate:

It is surprising what a powerful tool meditation can be to improve sleep. Meditation can not only enhance sleep it also can lower stress levels. Pick a meditation that speaks to you for 5 minutes minimum prior to bed and sit quietly to clear your mind. Our best success is to have structure and routine to have the maximum benefit with meditation.

My commitment: _____

4) Turn down the thermostat:

Keeping your room cool at night accommodates your body's natural temperature fluctuations. Ideal temperature for a good sleep is 65F (18C). In addition, avoid sugar and alcohol before bed as it will spike body temperature during the night. It can also cause unwanted weight gain and belly fat due to spiking of blood sugar during the night.

My commitment: _____

5) Downsize your meals:

Eating a smaller meal at dinner will cause less bloating and possible discomfort during the night. Eating smaller portions of a healthy choice of vegetables and protein no carbohydrates will also balance blood sugar over night. Mixed kale with chicken for example is an easy choice with very minimal preparation.

My commitment: _____

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