

## INFOGRAPHIC

# Menopause health: principles of management

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Figure 1 outlines the principles of managing menopausal health.

Women who are going through the menopause all need different things, but the three that we all benefit from are sleep, good diet and exercise (Women in Sport 2018).

A healthy balanced diet is key: if you only do one thing, then you should manage your blood sugar levels. The trick is to eat a combination of protein and complex carbohydrates with every snack and meal. Although no food is ever off the table, you should eat sugary food only once in a while (Lynch 2020).

The big non-negotiable element of menopause management is exercise – and any movement counts (Grindler & Santoro 2015; McGonigal 2020)! There is an accelerated loss of lean muscle mass during the menopause, but exercise is good for bone (Kistler-Fischbacher *et al.* 2021a, b) and muscle, the cardiovascular and metabolic systems, and mental health. Your muscles are your greatest friends during the menopause (Foster & Armstrong 2018; Khalafi *et al.* 2021).

## References

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**Figure 1.** Menopause health: principles of management (full-sized version overlaid).

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Claire Brodie is a sports and women's health physiotherapist who runs a private clinic in East Sussex. She started designing infographics in 2020, and posted these on Instagram to raise awareness of pelvic health. Claire now also produces digital prints for use in clinics to act as a visual aid when educating patients on various pelvic health issues.

Christien Bird MSc MCSP is a chartered physiotherapist. She is the owner of the White Hart Clinic, a multidisciplinary clinic in London, and co-founder of Menopause Movement ([www.menopausemovement.co](http://www.menopausemovement.co)), an online training platform for health and fitness professionals.

# MENOPAUSE HEALTH

## PRINCIPLES OF MANAGEMENT

### OPTIMISE NUTRITION



INCREASE  
FIBRE



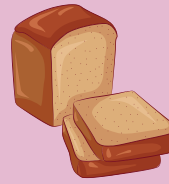
REDUCE  
SUGAR



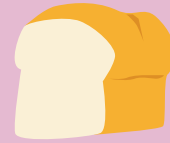
EAT PROTEIN  
EVERY MEAL



EAT GREEN  
LEAFY VEG



EAT  
BROWN CARBS



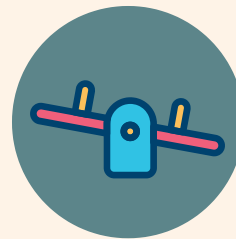
CUT  
WHITE CARBS

HELPS TO



REDUCE  
STRESS

+



REGULATE GLUCOSE  
BALANCE

### EXERCISE REGULARLY



RESISTANCE  
EXERCISE



HIGH  
INTENSITY



PELVIC FLOOR  
EXERCISES

HELPS TO



REDUCE  
STRESS

+



IMPROVE  
SLEEP

+



IMPROVE  
BONE DENSITY

+



OPTIMISE PELVIC  
HEALTH