

Top Tips: Menopause

1. **Be prepared!** - Gather information to improve your understanding of the changes that occur during menopause to help navigate the process for long term health and wellbeing.
2. **Dietary changes.** Not everyone experiences menopause in the same way and diet is thought to be part of the reason. Include plant-based oestrogens in your diet.
3. **Exercise regularly** – Incorporate weight bearing exercises that help build bone density. Ideally start before the perimenopause.
4. **Take control** – menopause is a natural part of ageing and there's lots you can do to help during this time. Making positive decisions and commitments can help with feeling more in control and embracing this time of life.
5. **'Me time'** – try to make time for relaxing and reflection on good lifestyle related habits and make time to do the things which are important to you.