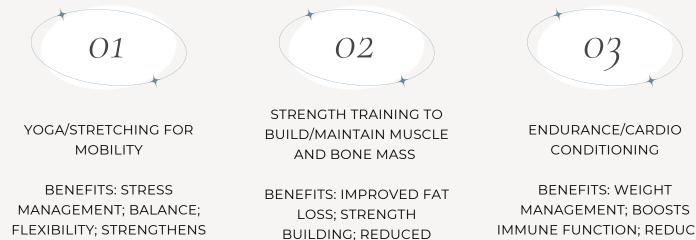
FITNESS GUIDELINES

The best workouts are the ones that you'll do and enjoy! With that in mind, there are some forms of exercise that optimize hormone function and balance.

Four priorities with regard to movement: (1) endurance, (2) strength, (3) flexibility and (4) balance



MANAGEMEN I; BOOSTS IMMUNE FUNCTION; REDUCES RISK OF DISEASE; BOOSTS MOOD; HELPS TO MANAGE CHOLESTEROL; INCREASES LONGEVITY *DON'T DO HIGH INTENSITY EXERCISE FOR EXTENDED PERIODS OF TIME; IT SHOULD BE DONE IN INTERVALS*

FITNESS GOAL

RISK OF BACK PAIN AND

ARTHRITIS; PREVENTS

HEART DISEASE AND

DIABETES: PREVENTS

OSTEOPOROSIS:

ENHANCED MOOD

MOVE FOR AT LEAST 20 MINUTES EVERY DAY. IDEALLY SOME COMBINATION OF

- STRENGTH TRAINING 3X PER WEEK
- ENDURANCE/CARDIO CONDITIONING 2X WEEK
- YOGA 2X WEEK

CORE/SPINE; MANAGEMENT OF

THE SYMPTOMS OF MENOPAUSE

