

# 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

01

YOGA/STRETCHING FOR MOBILITY

BENEFITS: STRESS MANAGEMENT; BALANCE; FLEXIBILITY; STRENGTHENS CORE/SPINE; MANAGEMENT OF THE SYMPTOMS OF MENOPAUSE

02

STRENGTH TRAINING TO BUILD/MAINTAIN MUSCLE AND BONE MASS

BENEFITS: IMPROVED FAT LOSS; STRENGTH BUILDING; REDUCED RISK OF BACK PAIN AND ARTHRITIS; PREVENTS HEART DISEASE AND DIABETES; PREVENTS OSTEOPOROSIS; ENHANCED MOOD

03

ENDURANCE/CARDIO CONDITIONING

BENEFITS: WEIGHT MANAGEMENT; 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

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

