

Managing Your Weight During Peri/Post Menopause

Many of us feel it becomes much more difficult to lose weight as we reach peri menopause. Apparently, peri menopause weight gain is not a thing according to some experts! (tell that to the thousands of women with a muffin top they didn't have before!)

Here are a few tips to help yourself, and reasons why you're in this situation!

NOTE! HRT will not make you put on weight. Please read my blog [HERE](#)

We all know that dieting is a mugs game and it's very depressing to keep being faced with more restrictions and processes which result in minor short term changes at best.

If you starve yourself, your body will rebel, and you'll likely pile on more pounds when your body panics about being left with no food!

During peri menopause, many of us feel so horrible that we stop exercising. We eat more rubbish due to lack of motivation to shop and cook properly and to add to that; our bladder and vagina will often become irritated; so, exercise feels unpleasant, and the cycle of despair continues.

We also lose muscle mass as we age so we burn off less fat (oh joy!) Many of the women I speak to are still eating as much as they used to, but you may not know that we rarely need the same foods or the same amount of food as we did before peri menopause.



I often refer to the male shape we develop around our middle during peri menopause which is mainly due to those pesky hormones again. That lovely feminine waist you had, can become a well rounded tummy with no sign of your previous shape.

It's important to note that this shape is not a healthy shape and leaves you susceptible to nasties like liver and heart disease.

It's all fine for me to tell you these things but when you're working hard, sorting the kids, and dealing with family pressures, who can blame you for eating a poor diet (leaving you vitamin deficient too) and not exercising!

Most women I speak to are at a physical and mental low for this and other reasons. They feel old, slow, confused and lacking in joy for life.




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What can you do to help?

Cook your own meals as much as possible as this allows your gut to get all juiced up and ready to properly digest the meal.

Smaller portions are important so invest in some smaller plates and bowls to make this easier.

Make sure you're eating the right foods such as oily fish, nuts, grains and that loyal fruit & veg.

You know you need to cut down on sugar, alcohol and processed foods, don't you?

Anxiety and stress encourage the build up of abdominal fat so if you're feeling stressed it's definitely worth addressing this. (HRT really helps with peri anxiety)

You need to exercise to protect your muscles, bones and heart, plus you need to make sure your hips are fully protected as you age.




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Jane Pangbourne is a women's health practitioner and the Founder of Menopausal Not Mad.

If you would like more information or help please

visit: www.menopausalnotmad.co.uk



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