Physical activity is easier than you think!

For many women, everyday life is filled with so many responsibilities that physical activity can almost feel impossible. The news is that whatever your age or physical condition, getting started is a lot easier than you think.

The importance of physical activity is not a new idea. It is widely recognized that a high quality of life and health can never be achieved in the absence of physical activity. However, the demand for physical activity is often very demanding, a large share of the household chores is done by others. We must care for aging parents, go to a job that is breakneck pace typical of the every day. Want a few tips on how much as you can, build physical activity into your daily routine.

**The importance of physical activity**

According to the World Health Organization, physically inactive adults are at increased risk of developing lifestyle-related diseases such as cardiovascular disease, diabetes, and certain types of cancer. These diseases are the leading causes of death and disability worldwide. Moreover, physical inactivity is associated with increased risk of disability and premature death. The benefits of regular physical activity are enormous during menopause.

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For women, it means a strong emphasis in terms of retaining and maintaining healthy adrenal function. The adrenal glands* are essential to your ability to manage stress. During menopause, healthy adrenal function is especially important because it helps to balance the hormones that may arise during this period of change.

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Did you know that you don’t have to do a long session of uninterrupted physical activity to get health benefits? These 10-minute sessions over the day are just as good as one 30-minute workout. Focus above all on irregularity (up to 1 hour every day throughout the year), performance, and adaption, meaning activity that makes you feel good.

Since 2000, the “intermittent exercise” training method has been the subject of many studies that have proven its benefits. The method consists of alternating periods of fairly intensive physical activity—for instance, a sprint lasting between 10 seconds and 3 minutes, fast jogging or running slow; add some knee lifts and heel-to-buttock stretches. Take the stairs instead of the elevator. Leave the car at home, or park it a little further away from your destination. Instead of coffee with a friend, take a walk together. Plant a garden or raise the flowers. Do stretching or strengthening exercises while you’re watching TV. Simple steps like these can produce major health benefits.

**FLEXIBILITY, EFFECTIVENESS AND FUN**

**Physiological Advantages of Physical Activity**

**Digestive System**

- Improves digestion by helping your body absorb nutrients such as the vitamins, minerals and proteins

**Musculoskeletal System**

- Helps you maintain your regularity
- Helps you maintain your bone density

**Cardiovascular System**

- Helps to reduce blood pressure
- Helps to improve blood vessels’ ability to expand
- Helps to improve overall cardiovascular function

**Circulatory and Cardiovascular System**

- Helps to increase mobility and independence
- Helps to reduce the risk of falls, fractures, back pain, and other injuries

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**Psychological Advantages of Physical Activity**

- Helps people recognize their strengths and limitations
- Can be done with family and friends
- Helps people treat their stress

**Advantages after Medical Treatment**

- Helps to improve general health
- Helps to improve mood and sense of well-being, self-confidence, self-esteem, and flexibility
- Helps people to treat their stress
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"You don’t have to go to a fitness centre, pool or sports facility to be physically active . . . Walking is probably the most common and highly recommended form of exercise and it’s totally free.”

World Health Organization

Our capacity for physical exercise varies a lot depending on our state of health and past habits. Start slowly, and gradually increase your level of physical activity, focusing more on perseverance and regularity than the number or intensity of the activities you select.

Physical activity, like a healthy and balanced diet, can improve your health considerably. In fact, a society that promotes physical activity will reduce its rate of chronic illnesses such as cancer, cardiovascular disease, Alzheimer and Parkinson’s, helps control weight, stimulates the libido, and contributes significantly to overall physical and mental well-being.

Advantages compared to other treatments: can be built into your daily routine, even if you have a tight schedule; accessible to everyone and inexpensive or free.

Side effects: high risk of dependency on the feelings of well-being and happiness it provides. Is this a description of a new miracle pill? Not at all. These are just some of the effects of physical activity on your health and quality of life!

Benefits: improves mood, self-esteem and intellectual function; diminishes the effects of stress and reduces insomnia; may counter menopause-related irritability, anxiety and hot flashes; lowers risk of developing illnesses such as cancer, cardiovascular disease, Alzheimer and Parkinson’s; helps control weight, stimulates the libido, and contributes significantly to overall physical and mental well-being.

Find out More

Check out our website: www.rqasf.ca. It contains lots of information and tools to help women make informed decisions about their health and have a better experience of menopause.

Other resources:

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To order leaflets or for more information:
www.rqasf.ca / 514 877-3189

« Any age is a good age to do something good for yourself »

more beneficial than you think!