

Deadlift

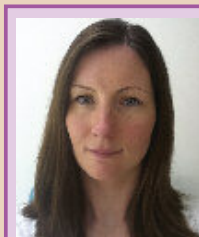
If it feels good, do it

Hello and welcome to another look at Fitness Matters. I hope you've been enjoying and making the most of Kat's articles. It's a fantastic way to get an informative approach to the relevant, different and ever expanding areas of fitness and I hope you'll continue to follow me as I pick up where Kat left off.

My name is Debbie and I'm a personal trainer and gym manager. My experience over the years has taught me lots about the industry but probably most important is that not one size fits all and that what works for one person, might not for another.

So, as we continue this journey together, please remember your goals, focus on what feels good for you and your body and please try to remember, everyone is experiencing different phases of the menopause at different times.

As Kat mentioned in her previous article we're going



Fitness instructor Debbie Roy emphasises the importance of body conditioning for women in and around the menopause

to look at body conditioning for women in and around the menopause. So what is body conditioning and how can it help?

Body conditioning is the practice of physical exercise to promote better health conditions and can take on many methods and training programmes depending on your desired outcome or individual goals.

During the menopausal transition and after the menopause, any fitness programme you follow should incorporate a number of different exercises, allowing

you to work on flexibility, cardiovascular health and strength while promoting relaxation.

As your body starts to become accustomed to body conditioning it will be better able to perform at a higher level and ultimately to deal with the symptoms and stresses that the menopause puts on our bodies.

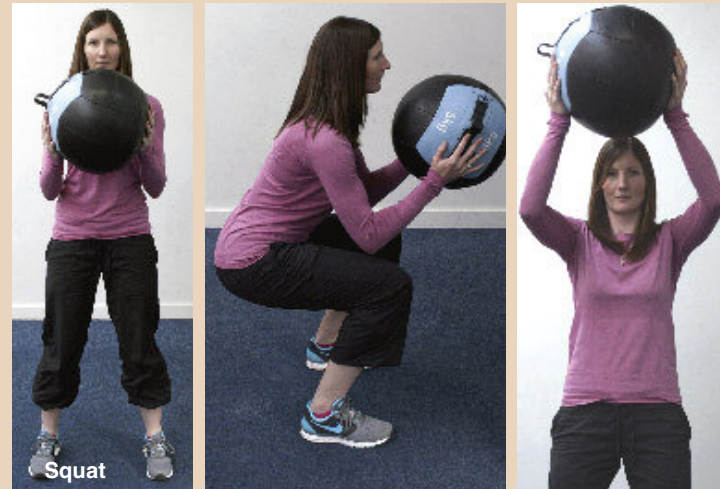
The great news is that body conditioning can be done anywhere, you don't have to be a member of a gym or need expensive equipment. Given that it should be a combination of different ex-

ercises, why not grab a girlfriend and head outdoors for a walk, get your heart rate up and enjoy the fresh air, buy a skipping rope and take a walk down memory lane to the school playground.

If you are a member of a gym join in a fitness class and if you prefer to exercise behind closed doors in the comfort of your own home, go for it. Absolutely any exercise is better than no exercise.

All conditioning exercises include some form of movement or resistance training, which is crucial for women experiencing the menopause.

At this time in a woman's life, the protective effect of estrogen on bones is lost and most women will experience some bone loss. Bone loss for women between the ages of 40 and the menopause is three-quarters to one per cent rate of breakdown per year. Therefore the best workout at this time should include weight-bearing



Squat



Tantrum



Deadlift

Stand with feet slightly wider than shoulder-width apart and your body in neutral spine. With knees slightly bent and hands gripping the bar outside of legs, hinge forward from the hips. Keeping the bar close to your body and your back flat, exhale as you work to straighten your legs by driving through your heels. Keep your core engaged throughout and finish by thrusting hips into alignment with your feet and squeezing your glutes. Once the bar is past your knees and arms are straight, gently rest it against your thighs. Maintaining a straight back, hinge forward at the hips while allowing your knees to bend a little at the same time and return the bar back to the floor.

Squat to overhead press

Stand with your feet shoulder-width apart, holding your weight at shoulder height with your elbows facing forward. Squat your hips back and down until your thighs are parallel with the floor. Return to standing by pushing through your hips. At the top of your stance, press your weight overhead. Return to the starting position and repeat. Keep your weight on the arches of your feet and ensure your knees don't collapse during the movement.

Tantrum

Lie on the floor face down with your legs straight out behind you and your arms straight out in front. Ensure your shoulders are back and down, away from your ears, and your glutes and core are engaged. Raise one arm and the opposite leg simultaneously off the floor in a slow and controlled manner, without twisting through the spine. Hold for a second or two at the top of the movement. Return arm and leg to the floor while at the same time starting to repeat on the other side. Lift and repeat on each side in a steady flowing motion before returning to the start position to finish.

exercise targeted at muscle strength and endurance to help reduce the risk of osteoporosis. It is helpful to use a personal trainer once in a while just to ensure you are keeping correct form.

Done safely and regularly, exercise can help reduce many menopause symptoms including hot flushes, insomnia and night sweats,

enhance moods and leave you feeling generally better about yourself.

On that note, I have three body conditioning exercises for you. The equipment used can be modified depending on what you have to hand and each exercise should be carefully performed with slow and controlled movement for 12 – 15 reps each.

COMING UP

In the next edition of *Menopause Matters*, Debbie looks at menopause and mobility