

Menopause

Now, a Health Minute.

The average woman experiences Menopause at the age of 51 but the age it begins can vary.

Menopause is diagnosed when a woman has gone 12 months without a menstrual cycle.

Changing hormone levels in your body cause some common symptoms including: hot flashes, vaginal dryness, sleep problems, weight gain, fatigue, depression, and mood swings.

Although Menopause is a natural part of aging, there are things you can do to reduce the symptoms. Start with exercise.

Regular exercise can reduce the severity of many of the symptoms of Menopause like fatigue, depression and weight gain.

It also lowers your risk for heart disease, diabetes and cancer.

Moderate exercise 150 minutes each week can help you feel and be much healthier.

Speak to your healthcare provider before you start a new physical activity routine to make sure you do it safely.