



WOMEN'S WELLNESS:
FOOD, BODY, HORMONES
Week SIX

WOMEN AND MOVEMENT

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REASON TO MOVE	BECAUSE
For our brains	'The brain evolved not for us to think, but to allow us to move' Brain health from body movement.
For our bodies	Bone and muscles - brain talk and hormones Organs and the gut.
For our mood	Short-term healthy stressor (adrenaline and cortisol) Post movement feel goods - endorphins, dopamine, irisin, endocannabinoids,
For our sleep	Get body tired, not just brain tired
For our social connections	Flow, synchronicity, tribal instincts The antidote to depression and addiction?
For healthspan and lifespan	Move now, and in the future, to aim these to be as close as possible

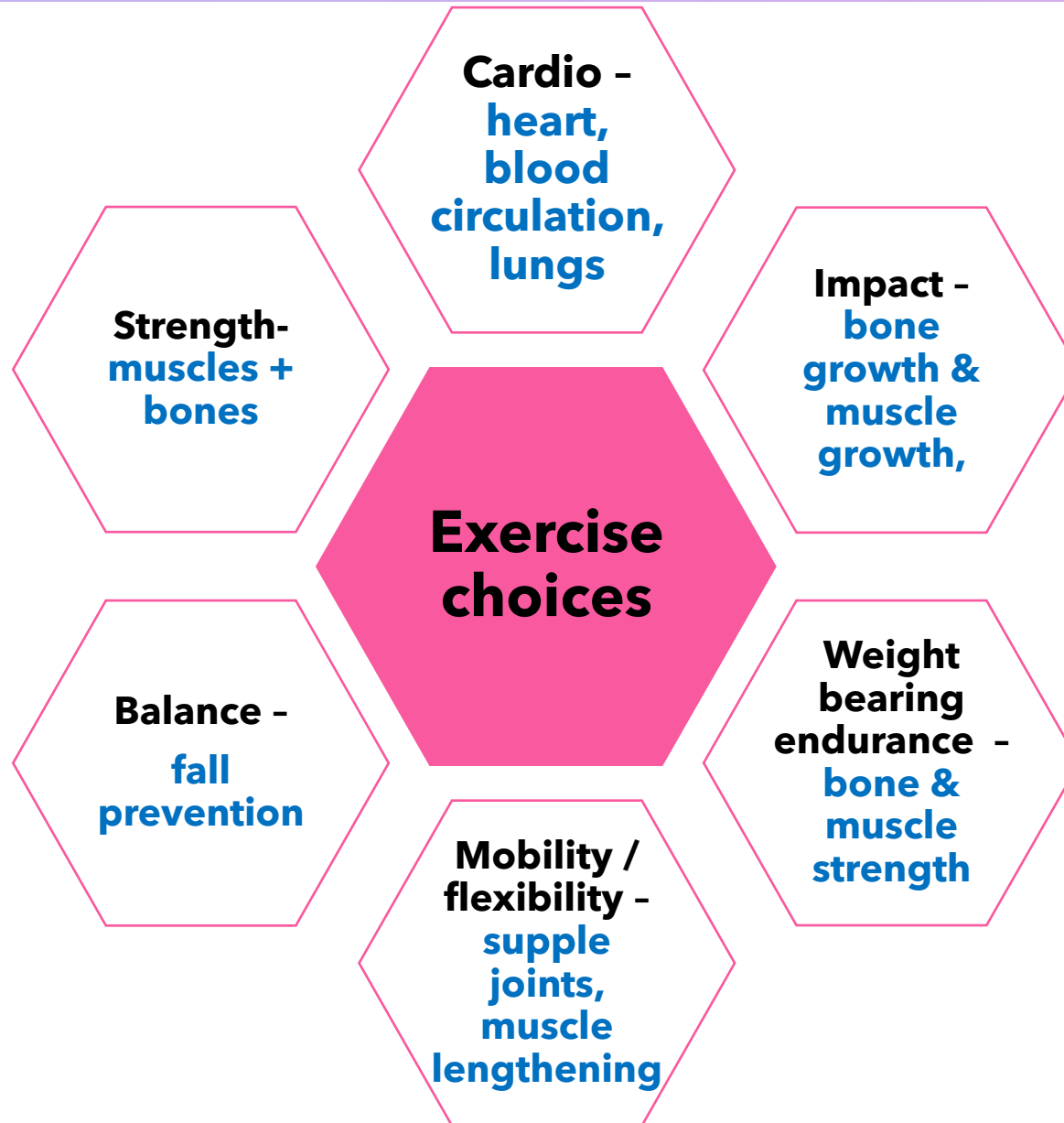
How we can move

Daily movement & activity

- Upping our daily movement and reducing being sedentary
- Reframing our 'normal'
- Ageing does not mean less

Conscious exercise

- Your exercise of choice
- Government advice
- Balance = not too much, not too little
- Ageing does not mean less



MODEL OF MIDLIFE, MENOPAUSE AND EXERCISE

‘I know all this stuff, but I just can’t get started.....’

Thinking about barriers in your way

MIDLIFE FACTORS

PHYSICAL

- Health concerns
- Risk of injury
- Decreasing physicality
- Need to feel good

PSYCHOLOGICAL

- Prioritise others over self
- No time for self-care

SOCIAL

- Caring responsibilities
- Employment responsibilities
- Need connection and belonging

MENOPAUSE FACTORS

PHYSICAL

- Exhaustion
- Weight gain
- Hot flushes and night sweats

PSYCHOLOGICAL

- Anxiety, depression, low mood
- Irritability
- Shame and embarrassment

SOCIAL

- Stigma
- Isolation
- Feel irrelevant

...LEAD TO BARRIERS TO ACTIVITY

CAPABILITY

- Limited view of exercise
- Self-identify as not sporty
- Health issues
- Declining fitness levels
- Lack of energy

OPPORTUNITY

- Embarrassment about weight
- Shame about menopause symptoms
- Exercise spaces not “for” them
- Fear of ridicule
- Access, transport, cost, time
- Limited relevant opportunities

MOTIVATION

- Don't relate exercise benefits to their needs
- Fear of judgement
- Don't think they'll enjoy exercise
- Others' needs come first
- Worried about going alone