

## - Body weight

# Tips to keep the weight down after undergoing the life-changing event of menopause

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No secret technique exists to prevent or reverse menopausal weight gain. It is as simple as sticking to these weight control fundamentals:



**Exercise more:** Physical activity, such as aerobic exercise and strength training, can aid in weight loss and maintaining a healthy weight.

As you grow muscle, your body burns calories more effectively.

“Experts recommend moderate aerobic activity, such as brisk walking, for at least 150 minutes per week or strenuous aerobic activity, such as running, for at least 75 minutes per week for most healthy individuals,” said Murray Hewlett, CEO of Affinity Health.

**Eat less:** To maintain your current weight or remove extra kilograms, you may require about 200 fewer calories per day in your 50s. That may be less compared to your 30s and 40s.

A plant-based diet is often healthier than other alternatives. Good options include legumes, nuts, soy, salmon and low-fat dairy products. Eat red meat and poultry in moderation. Replace butter, margarine sticks and shortening with olive or vegetable oil.

**Limit alcohol:** Alcoholic beverages add extra calories and increase the chance of weight gain.

**Seek help:** Surround yourself with friends and family supporting your efforts to improve your nutrition and physical exercise. – Citizen reporter