

HealthyME | Life@ Montefiore Human Resources

Feel **EMPOWERED** with knowledge and tools to stay healthy at every age

Metabolism During Menopause

Why Your Body Changes Even if Your Habits Don't

As your estrogen level drops during menopause, your body's fat distribution changes to favor weight gain around the midsection rather than the chest, hips, or thighs. Along with the loss of muscle mass and changes in hunger and fullness cues, you are likely to experience changes in your metabolism.

Ways to Support Your Metabolism

Strength Training: Muscle tissue is more metabolically active than fat tissue. The more muscle mass you have, the higher your metabolism

- Incorporate 2-4 resistance training sessions per week to build muscle throughout your body

Balancing Blood Sugar: Metabolic syndrome is a cluster of chronic diseases associated with insulin resistance.

- Managing your blood sugar through a balanced diet can help stabilize insulin levels and reduce disease risk

LIFESTYLE STRATEGIES

- **Get Moving:** Get at least 150 minutes of moderate-intensity physical activity per week
- **Rest:** Aim to sleep for at least 7-9 hours every night
- **Stay hydrated:** Drink at least 11 cups of water per day
- **Eat the Rainbow:** Prioritize colorful fruits and vegetables
- **Manage stress levels:** Chronic stress can perpetuate weight distribution around your midsection
- **Seek support**: Dietitians, specialty doctors, and mental health and physical therapists can guide you towards your goals

To schedule a free consultation or workshop, please email WellnessRD@Montefiore.org.

Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit HealthyMEBenefits.com.

Montefiore Einstein

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Balancing your Blood Sugar

Having moderate ebbs and flows in your blood sugar helps decrease your risk of metabolic diseases. It also keeps your daily energy levels stable.

Choose one from each box:

CARBOHYDRATE

Quick release energy

- Whole grains and grain products: brown rice, oats, quinoa, bulgur, farro, wheat
- Sweet potatoes
- Corn and corn products
- Green peas

FIBER

Slows energy release

- Fruits
- Vegetables
- Nuts and seeds
- Legumes: beans, pulses, lentils
- Whole grains

PROTEIN

Keeps you satiated

- Lean meats: chicken, turkey, lean beef
- Fish
- Eggs
- Legumes: beans, pulses, lentils
- Soy products: tofu, tempeh, edamame
- Dairy

FAT

Slow steady energy

- Nuts and seeds
- Avocado
- Fatty fish: salmon, mackerel, sardines anchovies, herring
- Olive oil

TRY THESE COMBINATIONS



- Salmon avocado poke bowl
- Oatmeal with greek yogurt, berries, and nuts
- Vegetable omelette with whole grain avocado toast
- Sweet potato chickpea salad with tahini dressing

BALANCED EATING TIP:
Limit your intake of saturated fats, added sugars, and sodium.

Weekly Inspiration and Support

Finding time for yourself can be difficult, but 15 minutes once a week can make a difference. Join HealthyME Registered Dietitian Monica Kelly for bite-sized nutrition sessions every Thursday where you'll learn practical tips to help you build healthy habits, one small step at a time.

Scan the QR code to register.