

HealthyME | Life@ Montefiore Human Resources

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

Strength Training During Menopause

Get strong to protect your bones and muscle

After age 50, women start to lose 1-2% of muscle mass every year. Having less muscle mass decreases your metabolism and makes you less able to perform functional activities of daily living. Resistance training is key to prevent these age-related changes.

The Benefits of Strength Training

- Builds muscle which can help to regulate blood sugar levels
- Increases functionality of activities of daily living
- Prevents the weakening and breakdown of bones
- Improves joint stability
- Supports brain health by reducing risk of cognitive decline
- Can be done with dumbbells, machines, resistance bands, or bodyweight

BEST PRACTICES

- Start with a lower weight and progress towards heavier weights
- Be mindful of injuries and pain areas
- Aim to sleep 7-9 hours
- For longer sessions or if training early in the morning, eat carbohydrates before your sessions
- Prioritize protein and carbohydrates after your sessions
- Take rest days between sessions

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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Create a Strength Training Plan

Choose one exercise from each category:

SQUAT

Improves your ability to sit and stand

- Leg press machine
- Dumbbell squat
- Chair squat

HINGE

Protects your back during daily activities

- Weighted deadlift
- Hip bridge
- Kettlebell swings

UNILATERAL

Equalizes strength in both legs

- Walking lunges
- Step ups
- Split squats
- Single leg sit and stand from a chair

PUSH

Strengthens the chest

- Weighted chest press
- Push up on knees
- Wall push up

PULL

Strengthens the back

- Resistance band rows
- Rowing machine
- Assisted pull up



QUANTITY

- Do 8-12 repetitions of each exercise in each set. Do 3-5 sets per session. Work at 60-80% of your maximum capacity.

FREQUENCY

- Aim for 2-4 sessions per week, spaced evenly. Take rest days between sessions for optimal muscle growth.

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.