

Strong, balanced, and informed: lifestyle tips for women in their 40s



Perimenopause is a natural transition, support your body during this natural transition. Lifestyle changes are a powerful first step

Eat well

- Incorporate more whole foods such as vegetables, fruit, whole grains, and lean protein.
- Consume calcium-rich foods and vitamin D to support healthy bones.
- Drink plenty of water to stay well-hydrated.



Move

- Walk for 30 minutes daily.
- Strength training to support muscles.
- Yoga and Pilates to enhance flexibility and reduce stress.



Get plenty of sleep

- Maintain a consistent sleep routine
- Have a relaxing bedtime routine
- stop screens 1 hour before bed.
- Wear breathable fabrics
- Keep your room cool while sleeping



Connect

- Friends, family, and support groups
- Maintain relationships that uplift and energise you.



know your Triggers

- Limit alcohol intake, as it can disturb sleep and cause hot flashes.
- Quitting smoking reduces the risk of heart disease and osteoporosis.
- Moderate caffeine intake might increase anxiety and affect sleep.



**Begin
Now***

Begin with one small change today, like taking a short walk, drinking more water, or reaching out to a friend. You deserve to feel comfortable in your body.



Remember, you're not alone on this journey. Always ask for help when you need it.

Speak to your GP if lifestyle changes aren't enough

- www.menopause.org.au
- www.healthdirect.gov.au
- www.ifm.org