

Menopause and Weight Gain

"Advice to all women approaching menopause and searching for the best way to lose weight... "In your search for the best way to lose weight, you might not realize that during the menopause, changes in fat metabolism mean that they're more likely to store - and less likely to get rid of- body fat.

You'll often hear many experts extol the virtues of a "balanced" diet (whatever that means). One expert tells you that the best way to lose weight is to cut calories. Then somebody else tells you that calories don't count. With the mass of dieting information currently available, it's no wonder that virtually everyone is confused about the best way to lose weight.

However, a research team from the University of Maryland in Baltimore has shown that your age has a massive influence on your ability to lose weight - no matter what you eat!

Publishing their findings in the Journal of Clinical Endocrinology and Metabolism, the researchers extracted fat tissue from the abdomen and buttocks of 24 women. They found an enzyme that promotes fat storage, (known as adipose tissue lipoprotein lipase), was more than twice as active in postmenopausal compared with peri menopausal women.

What's more, the rate at which stored fat is broken down in postmenopausal women was also dramatically reduced compared with perimenopausal women This doesn't mean that getting older is a guarantee that you'll gain weight. The best way to lose weight remains an effective program of diet and exercise, no matter how old you are. Still, women who find it difficult to lose weight as they get older might be happy to know that it isn't entirely their fault!

By maintaining a regular exercise regime with a balance of both resistance training and cardio training, Circuit training is ideal , eating **small amounts of Low calorie food regularly** and keeping actively busy throughout the day you can reduce the risk of weight gain and thickening of the waist.

It's worth the effort and it's never to late to start –every little bit can make a difference!

How to Use the Perceived Exertion Scale

While doing physical activity, we want you to rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion.

Look at the rating scale below while you are engaging in an activity; it ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." Choose the number from below that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range.

Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people's. Look at the scales and the expressions and then give a number.

- 6 No exertion at all
- 7 Extremely light
- 8
- 9 Very light - (easy walking slowly at a comfortable pace)
- 10
- 11 Light
- 12
- 13 Somewhat hard (It is quite an effort; you feel tired but can continue)
- 14
- 15 Hard (heavy)
- 16
- 17 Very hard (very strenuous, and you are very fatigued)
- 18
- 19 Extremely hard (You can not continue for long at this pace)
- 20 Maximal exertion