

Nutrition and Training for the Menopause

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What will we cover today

Nutrition

- Energy balance
- Effective fat loss strategies
- Fasting and time restricted feeding

Training

- Benefits of exercise
- SMART goal setting
- Exercise considerations

What happens to our bodies in the menopause?

Hormonal changes impact...

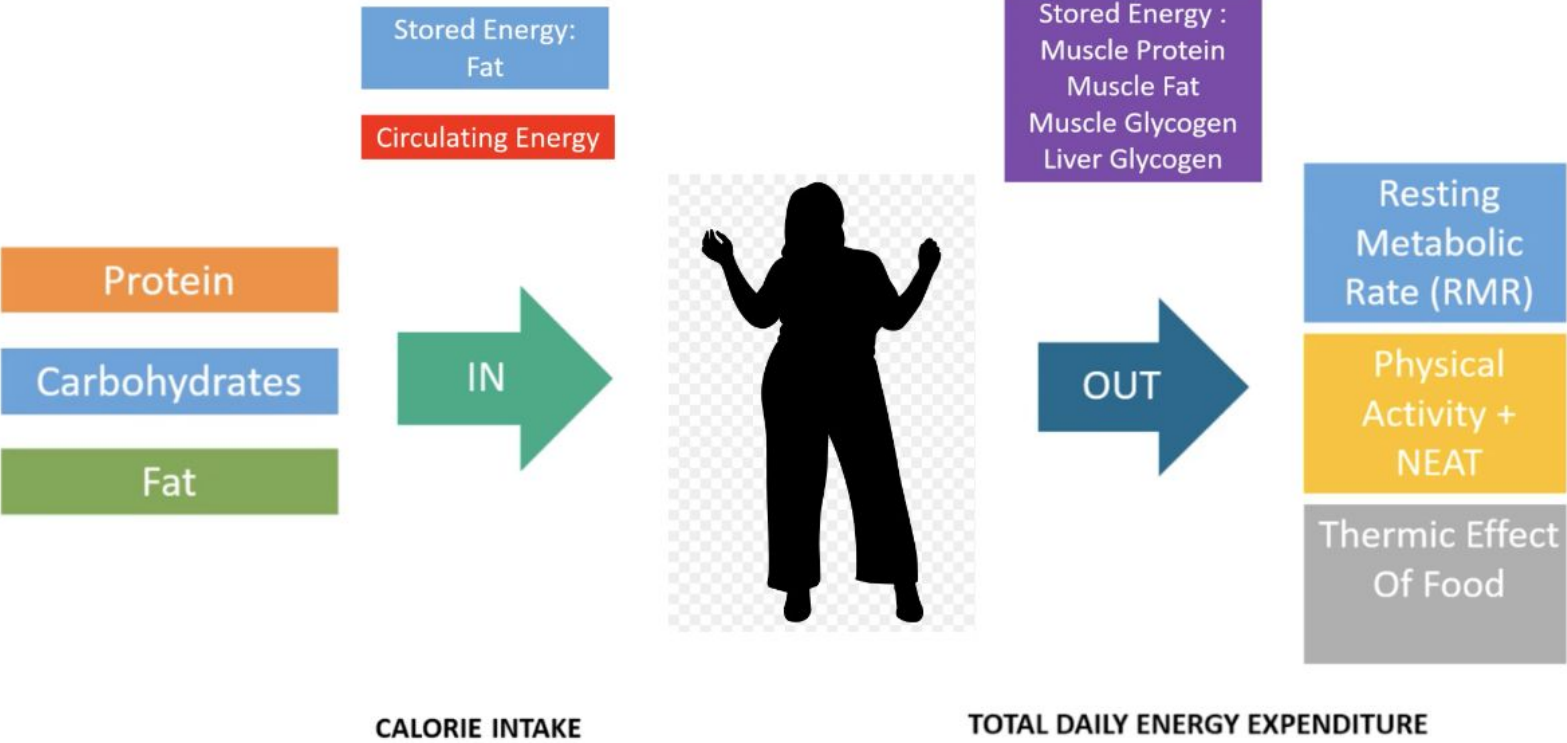
- Mood, anxiety, self esteem and concentration
- Dry, irritated skin, sensitive teeth
- Hot flushes, night sweats, palpitations
- Headaches, muscle aches, joint pains
- Change in body fat distribution and fat gain

= feeling irritable, frustrated, confused, fed-up

Risk factors linked to fat gain (overweight/obese)

- All cause mortality
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Worse sleep
- Increased stress on joints

Energy balance



Energy balance

When the body has used the energy that it needs for basic functioning (BMR) plus NEAT and TEF, it will then go on to store energy as

- Muscle protein
- Muscle glycogen
- Liver glycogen
- Fat

Eating ANYTHING in excess will cause fat gain so we must pursue an energy balance equation that works for our individual bodies.

Diet studies around the menopause

Study

Similar weight loss with low- or high-carbohydrate diets

Golay A, et al. (1996)

Study

Energy intake required to maintain body weight is not affected by wide variation in diet composition

Liebel R et al. (1992)

- Calories over macros (carbs aren't evil)
- Total energy matters most
- When you match diets for calorie intake, the fat loss results are the same

Take away message:

Make sure your total calories are in the right place for your goals

Diet studies around the menopause

Study

Long term effects of a paleolithic type diet in obese menopausal women: a two year randomised trial

Mellberg C. et al. (2014)

- This looked at the paleo diet (lean meat, fish, eggs, veg, fruits, nuts, berries) vs the nordic nutrition recommendations (low fat dairy, high fibre)
- The study found out that a paleo diet has greater beneficial effects regarding fat mass, abdominal obesity, and triglyceride levels in obese menopausal women
- BUT it was found to unsustainable at 24 months and adherence to protein was poor in the paleo diet group (likely due to poor protein digestion)

Take away message:

Using a paleo template to build on could be a good place to start

Diet studies around the menopause

Study

Effects of a plant based, low fat diet versus an animal based, ketogenic diet on ad libitum energy intake

Kevin D. Hall et al

- One diet is high carb, one diet is high fat
- Carbs are important for energy, gut bacteria, joint health, we need glucose to make the fluids that lubricates joints.
- The plant based diet consumed 700kcal less because there was a higher volume of food for the less energy intake (when matched for exercise and studied in a metabolic ward). This probably worked very well because a higher volume of food has the ability to expand your stomach more and increase the feeling of being fuller for longer.

Take away message:
Don't be afraid of carbs.

Diet studies around the menopause

Study

Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis

Kim, J. (2016)

- Older adults retained more lean mass and lost more fat mass during weight loss when consuming higher protein diets
- Higher protein intakes were defined as 25% of total energy intake, or 1g/kg/day

This is very good because higher protein will help with

- Retaining lean muscle mass (important as we age)
- Higher satiety (less hungry across the day)
- Reducing sarcopenia (muscle wasting)

Take away message:

Opt for higher protein meals/snacks whenever possible.

Diet studies around the menopause

Study

Adherence to mediterranean dietary pattern and menopausal symptoms in relation to overweight/obesity in spanish peri-menopausal and postmenopausal women
Sayon-Orea, C. et al. (2015).

- High adherence to mediterranean dietary pattern was associated with lower prevalence and lower odds of being overweight or obese
- Being overweight or obese might influence the presence of menopausal problems

Take away message:

Aspects of the mediterranean diet and lifestyle could be a good place to start

The mediterranean diet

What is the Mediterranean diet?

- Abundance of plant foods
- Minimally processed
- Seasonal
- Mostly fresh
- Olive oil as primary fat
- Fresh fruit as daily dessert
- Few servings of dairy per week
- Few servings of fish/poultry per week
- Low intake of red meat <2 times per month
- Moderate intake of wine consumed socially at meal times, eg 1-2 glasses
- Physically active every day



This diet seems to be one of the easier lifestyle diets that is easier to stick to compared to the other approaches that we have looked at, but this depends on your community, your stress levels, the support you have around this approach and your ability to enjoy this sort of approach.

How do the macros affect you?

There always needs to be a personalised approach:

- Higher protein might help you to stay fuller for longer and to build more muscle
- Protein can be harder to digest as we get older and create a feeling of being over-full (*a digestive enzyme might be needed to help process this*)
- Higher carbohydrate might enable you to put more into your training sessions
- Higher carbohydrate could make you feel bloated and tired in the afternoon
- Higher fat might make you feel more clear headed and minimize brain fog
- Higher fat might tip you over into a calorie surplus

Effective LONG TERM fat loss strategies

- Reduce energy density of your diet (more veg, less hyper palatable foods)
- Increase nutrient density (vitamins, minerals and antioxidants to support your basic functioning)
- Regulate your appetite (*protein, fibre, portion size*)
- Improve your relationship with your body image
- Monitor consistently (*accountability, body measurements, track the feeling of change*)
- Understand what an appropriate portion size is for your body
- Identify high risk food situations and their frequency in your life (*buffets, all you can eat, work canteen, etc*)
- Observe and understand emotional eating (*what are your triggers, and can you get support here?*)
- Adapt your environment to support changes that you want to make
- Increase your skills in the kitchen so that you can whip up easy, quick, healthy AND tasty meals that support your goals
- Consider time restricted feeding (*coming up next*)

BIO - PSYCHO - SOCIAL approach

Ideally, for the best long term change, we need a BIO - PSYCHO - SOCIAL approach to lifestyle change

BIO

- Energy balance right for you
- Minimal diet stress (make it EASY to follow)
- Fuel your body for function with macros and micros

PSYCHO

- Enjoyment of food still needs to be there!
- Organise your social life around balance
- Address emotional health

SOCIAL

- Minimise risks of overeating (linked to emotions, and being prepared)
- Environment

This IS possible but it just takes a bit of work and time to figure it out



Fasting

12, 16, 24 hours, 5 days eating, 2 days fasting?

What are the benefits of fasting

- Digestive support
- Immune support
- Housekeeping opportunity for your body (autophagy)
- Cognitive function
- Body composition
- Metabolic flexibility



What are the downsides to fasting?

- Does it alter your mood negatively?
- Does it make you super HANGRY?
- Does it cause your hormones to go a bit mad?
- Does it impact your sleep negatively? (circadian rhythm)
- Does it cause iffy bowel movements? (constipation)

Time restricted feeding

You can still benefit from time restricted feeding

- Aim for a 12 hour fast overnight
- Aim for at least 3-5 hours between feeds
- Aim to keep meal patterns fairly regular to balance digestion and blood sugar

This gives your body a break to rest and digest whilst not being too challenging to implement and stick to.



Time restricted feeding

Example eating patterns			
Breakfast 7am	Breakfast 8am	Breakfast 8am	Breakfast 7am
Snack 11am	Lunch 12pm	Lunch 1pm	Snack 10am
Lunch 2pm	Snack 3pm	Dinner 5pm	Lunch 1pm
Dinner 6pm	Dinner 7pm	Snack 8pm	Dinner 6pm
Stop eating	Stop eating	Stop eating	Stop eating
Overnight fast =	Overnight fast =	Overnight fast =	Overnight fast =
13 hours	13 hours	12 hours	13 hours

Summary

1. Develop your understanding of nutrition
2. Aim to eat for health and well-being AND enjoyment
3. Learn to listen to your body.

Training to support the menopause



Your week

Exercise is actually only a small percentage of your week,
based on 60 minute training sessions...

3 x per week = 1.8%

4 x per week = 2.4%

5 x per week = 3%

6 x per week = 3.6%

7 x per week = 4.2%

It's still important!



Lifestyle considerations

- Is your lifestyle set up to support your goals?

What about...

- Sleep?
- Stress management?
- Nutrition?
- Headspace?
- Mental load?
- Your support crew?



Benefits of exercise

- Regulate blood sugar levels
- Increase energy
- Improve mood
- Improve sleep
- Aid cognitive function
- Improve bone density
- Reduce risk of sarcopenia
- Improve physical function
- Improve posture and joint health
- Minimises lifestyle injury and reduces pain
- Supports immune system



Train because you LOVE your body not because you HATE it

For the most effective long term results, goal setting needs to come from a positive place, and not a negative place

For example

I want to feel stronger, have more daily energy and change my mindset so that I can enjoy my life and feel great

Compared to

I want to lose weight because I hate my body



SMART goal setting

Specific

I want fat loss....why do you want it? How will it change your life? What will it feel like when you achieve it? How will your life look at that point? - dig deep here so that you understand where your motivations are coming from

Measurable

How are you going to measure and be accountable?

Achievable

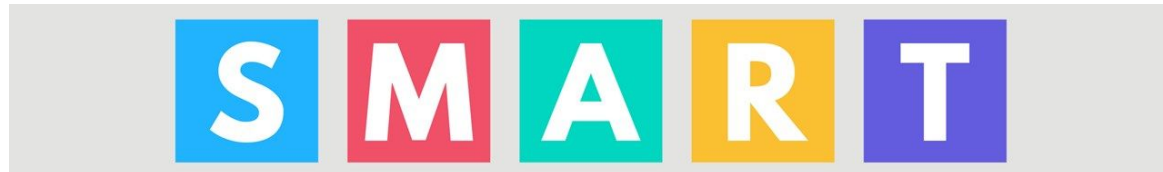
What is the process you are going to go through to achieve it? Habits, systems?

Realistic

Can you stick to it, is it sustainable?

Time frame

Long term goal broken down into medium and short term goals - higher reward



Goal setting tips

- Decide long term and add milestones
- Start small and non intimidating
- Low hanging fruit - what can you do today???
- Build up once you know it's achievable
- Create goals with others for accountability
- Factor in enjoyment
- Keep it simple
- Keep it flexible
- Performance goals (instead of or as well as aesthetic goals)
- Don't chase too many things at the same time
- Reinforce your efforts every day - you are doing a GREAT job



Social media influence

- Don't get distracted
- Don't compare yourself
- Find what inspires you or remove it
- Remember that it's a highlight reel and not reality
- Fill your feed with realistic bodies and positive messaging
- If you are time poor, and get distracted with your phone, don't take it into the gym



Focus on your goal, your journey and your results

Best forms of exercise

- Something to enjoy
- Something to stick to
- Something you can get better at
- A variety
- Measureable



Factors to consider

- What time do you have available (be realistic)
- Where are you starting from?
- What do you have access to? (equipment, facilities)
- What makes you feel happy?
- Have you tried something before that hasn't worked?

Training frequency

- How often to exercise?
- Session length?
- More is not always better
- Short workouts can be effective
- You don't need a gym to get great results

It always **DEPENDS**.....Monitor and adapt



Maximise your workout time

If you are short of time in general

- Do you get distracted (phone/social media etc)
- Minimize chat time with random gym people
- Focus on your reps, sets and get it done

You can get brilliant results in less time

Daily / weekly recommendations

Daily

- Walk as much as you can
- Stretch / mobility / yoga
- Breathe

Weekly

- Lift weights 2-3 times
- Higher intensity cardio 1-3 times



Resistance training

- Choose from these 6 categories of exercises
- Push vs pull
- Movement in all directions
- Whole body workouts

Squats	Core / rotation	Hip hinge	Upper push	Upper pull	Machine / isolation
Bodyweight squat	360 breathing	Deadlifts	Press ups	Pull ups	Leg extension
Goblet squat	Elbow planks	Hip thrusts	Chest press	Lat pull downs	Leg curl
TRX Squat	High planks	Glute bridges	Shoulder press	BB/DB rows	Tricep extensions
Single leg squat	Deadbugs	Kettlebell swings	Dips	Barbell bicep curls	Calf raises
Forward / reverse lunges	Controlled crunches	Good mornings	Chest flyes	Lateral raises	DB Bicep curls
Overhead squat / lunge	Oblique twists		Squat and press	TRX Row / pull	
Wide leg squats	Cable woodchops				

Resistance training

Exercise type	Reps	Sets	Rest
Strength	1-6	4-6	2-5 mins
Muscle building	6-15	2-4	1-2 mins
Endurance	15-30	2-4	15-30 sec

- All of these have a place in our training plans
- You can do all of these in the same workout
- You don't have to push yourself to the limit every time
- Strength work is best done first

Recovery

- Balance high, moderate and low intensity through the week
- Move your body daily
- Walking
- Be gentle with yourself
- Movement means blood flow and healing
- It doesn't have to be planned
- Non impact exercise can be used (cycling, swimming)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long walk	Gym workout	Yoga flows	Gym workout	Long walk	Gym session	Swim
Moderate	Tough	Easy	Tough	Moderate	Tough	Easy

Don't put barriers in your way

- Is it easy to commit to?
- Does it involve too many decisions?
- Is it fitting into the time you have?
- Do you enjoy it?
- Is it nearby?
- Is it sustainable?
- Is there accountability?



Summary

Nutrition

- Consistency
- Accountability
- Make it easy

Exercise

- Consistency
- Accountability
- Make it easy



Work smart and
be patient with
yourself

Contact

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Resources ->>>



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FITNESS