

A smiling woman with blonde hair, wearing a light blue t-shirt, is holding a fork with a piece of salad and a plate of salad. The background is a bright, slightly blurred indoor setting.

Paris Andreou

# Weight Loss in Menopause

The 5 Keys for the  
Health and Body You  
Deserve

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## Introduction



**An ideal weight, a flat stomach, a tight and fit body, energy, stamina and *menopause*...**

It may seem impossible to combine them all at the same time for the average woman.

The thing is that compared to men, women usually are more health conscious and try to keep in shape as they grow older. They usually try to keep exercise and healthy eating throughout their lives, depending on their

abilities and schedule.

But because of their different metabolism and hormones, they sometimes have a trouble maintaining a healthy weight. Add to that the portion size of the food, which stays the same regardless the consumer and women's health and fitness goals may seem harder and harder to reach. **During and after menopause, things get even harder for many women...** More cravings, less quality sleep and activities, and it doesn't take much for the weight to pile up.

**So what can an overweight woman in menopause do to take care of her health under these circumstances?**

**How can she lose her excess weight and stay healthy and fit for the years to come with a convenient and effective way?**

As a Professional in the Health and Fitness Industry since 2000, after having worked with thousands of people all over the world throughout my career, I sure do have an opinion on this.

**Below you will find a summary of my 5 main tips on the subject,** so you can get up to speed fast.

## 1. Diet



This is maybe the “hottest” subject of the five.

**They say that the average woman is on some kind of diet almost all her life.** Doesn't it sound tragic? Unfortunately for many women – if not all, it is true. Why could this happen?

Women do not have a slower, but rather a *smaller metabolism* than men and consecutively smaller energy and nutritional needs. A smaller overall weight, smaller muscles, different hormones, and now menopause which makes all these worse, they all play a role in women's weight.

To make matters even worse, from a croissant and a sandwich to a restaurant meal, all food portions are the same for women and men, which is so wrong like we said above. This also affects the way we cook at home, when we try to fill up a dish of the same size with almost the same amount of food for all the members of the family, regardless their sex, age and weight.

If we add to all of the above that a woman is much more likely to have problems with her thyroid gland, then we can understand very easily **why the average woman is on a diet almost her whole life.**

All of the above also mean that **a woman simply must eat differently than others, if she wants to maintain, or even more lose weight.** And that is very easy to forget, when you're hungry and you happen to be in a restaurant that serves nice food in the same, bigger portions for all, or in a house where they cook and serve the same to everyone.

**Calculate your ideal weight for health and fitness here:**

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

Yes, for all of the above reasons women should keep exercise and healthy eating in their life, habits that can only benefit them, and hopefully they can influence the rest of the family to join them too.

Here you will learn the basic things you have to know about healthy eating for a good weight, not only during menopause but during your whole life:

- **Small and frequent meals.** 4-6 small meals a day make a big difference in your metabolism compared to the 1-3 bigger meals that most people get, even when calories in total are the same. Please disregard the new trend about “*intermittent fasting*” that recommends not to eat anything for 2/3 of the day, or for 2 days a week, etc. to lose weight. Diet trends come and go, as long as people try to find an easy solution, but we cannot change our biology. The truth is that as long as we are awake, we need to eat a relatively small and nutritious meal every 2-4 hours, because this is simply the time it takes for our blood sugar levels to remain steady. We need to eat before we get really hungry, because that’s when we are more likely to eat something that we shouldn’t. By avoiding the low “dips” and high “peaks” of our blood sugar levels that happen after infrequent, bigger meals, it helps to avoid sugar and junk food cravings, keep our metabolism high and our mood and energy levels good all day.
- **More vegetables, salads, legumes and good protein like free-range chicken and eggs, and fresh oily fish.** These foods, due to their low carbohydrate content, help our keep blood sugar balanced, which means satiety, energy and fat burning. They are also full of beneficial nutrients, such as protein (poultry and fish), vitamins, minerals (vegetables) and good fats (fatty fish such as salmon and mackerel).
- **Low-fat dairy products are ok** (if you are not bothered by lactose) in small quantities, otherwise prefer milk and yogurt without lactose or sugar-free alternatives, like soy milk, etc.
- **Fewer carbohydrates, such as *bread, potatoes, rice, pasta, cereals, juices and fruits.*** These foods are rich in carbohydrates and they raise our blood sugar levels too much, which in turn means constant hunger and sugar cravings, low energy and fat gain. Whole grain products and fruit are OK, but in small quantities. You can eat them more freely only after you are already in your ideal weight.
- **Complete abstinence from junk food such as *hamburgers, fried foods, bakery products, soft drinks, ice cream, desserts and sweets.*** They do not benefit us at all and they are a burden on our health, our immune system and our metabolism. If can’t completely cut them off, then consume them no more than once a week.

## 2. Water



Adequate water consumption (a minimum of 6 glasses/1 ½ lt. per day for a woman and 8 for a man/2 lt, ideally 8-12 glasses of water per day/2-3 lt.) is necessary for all our bodily functions, since it is well known that our bodies are about 70% water. Adequate water is essential for proper bowel and kidney function. Water cannot be replaced by any other beverage. And if you want to lose fat, even more water is needed to metabolize it, to "burn" it

off. Water is also vital during menopause in order for the body to stay well hydrated and deal better with the hormonal shifts.

Also remember that for every cup of tea, coffee, soft drinks or alcohol you need an extra glass of water, as these cause dehydration due to caffeine and alcohol. ALWAYS drink 1-2 glasses of water, about 10 minutes before each meal or snack.

By drinking water BEFORE a meal, you get satisfied with less food, and you do not disturb your digestion. To make water a tasty and refreshing drink, you can add a slice of lemon or orange peel or cucumber peel or a little of the herb mint, along with ice cubes.

## 3. Sleep



You cannot easily lose weight and fat if you do not get enough rest every night. For most adults, this means 7-9 hours of sleep, and it is something they often neglect. The younger we are, the more sleep we need, and the older we get, the less sleep we need.

If you do not get enough sleep, your metabolism will not work optimally, it will be much easier to lose precious muscle tissue, and your blood sugar will be less balanced, with more sugar cravings during the day. Sleep is vital during menopause, in order for the body to better deal with the hormonal shifts that take place.

Adequate sleep can be difficult to get for some people, like the ones that work on a rotating schedule, but it is a necessity. In case you do not get enough sleep at night, you can take a small nap afternoon if you can, but not more than 45 minutes, as it can spoil your nightly sleep and make you more tired instead of rested.

You should try to follow a steady sleep schedule, with a steady time to go to bed at night and to get up in the morning, which helps your sleep quality, mood and energy.

Supplements like *valerian* and *melatonin* also help an easier and natural sleep.

## 4. Exercise



Regular exercise is essential for health, fitness and weight loss.

It is even more crucial for women after menopause, because muscle loss happens much faster then, when hormones change. A healthy and toned musculoskeletal system is vital for women's metabolism and bone density.

If you haven't exercised for a while and you want to get started, you can do moderate-intensity simple and continuous exercise (such as brisk outdoor walking, swimming in the pool or the sea, indoor or outdoor cycling), lasting for 20-30 minutes, in the morning and night (best option), or once a day for 40-60 minutes, most days of the week. This is the simplest, cheapest and safest exercise that an overweight or obese person or anyone who wants to start an exercise program can start doing often and safely (for the heart and joints).

Now walking is not considered really "exercise", nor does it have the benefits of a complete exercise program, rather it is considered a basic physical activity that is necessary in the context of a healthy lifestyle and that improves the results of any exercise program. At a brisk pace, walking can become a gentle aerobic exercise, so you have a little more calorie intake and better cardiorespiratory adjustments.

In addition to measuring the time of your walking, today there are many interesting mobile apps (*Pedometer, Step Counter*) and special fitness tracker watches (*Xiaomi, Huawei, Fitbit, etc.*) that count the total steps you do, whenever you are not sitting. A person who wants to lose weight and be considered active, should do at least 8,000 steps every day (including any exercise - except swimming), of which at least half (or half an hour every day), be at a constant fast pace as we said above. Less than 5000 steps a day, you are considered to have a sedentary life.

Running or jogging is not recommended because it puts a lot of strain on the joints, especially the more we weigh and the older we get.

If you have a gym membership, you can use their cardio equipment and walk on a treadmill, work on the elliptical or the bike, at the same time and frequency that I suggest above. If you do weight training, 1-2 times a week are enough, working all the major muscle groups of the body with a few exercises and sets. You can also participate in group fitness programs such as Zumba, Total Body, Tae Bo, Yoga, Pilates etc.

If you don't have a gym membership, and you want to exercise at home, the only piece of home cardio equipment I recommend, is a spinning bike; it is the best for home cardio if you cannot go out for a walk or if you want to switch it up a little. For resistance training at

home, you don't have to buy expensive and bulky home equipment; you can find some great bodyweight exercise videos on YouTube if you do a search. Do not forget to warm up before exercise (the same exercise, but at a more relaxed pace for 5 minutes) and stretching for the whole body when you finish. The best time to exercise is just before a meal.

## 5. Support and Guidance



Well, the main "secrets" of weight loss, health and fitness have been revealed. There are no weird pills to take, machines to buy or special breathing techniques to learn...

By now you should be convinced that proper exercise and diet along with adequate water intake and sleep are going

to be worth your time.

Whenever we try to improve an aspect of ourselves, whether it is physical, mental, or social, it is an effort of self-improvement and for me it is perhaps the most worthwhile and valuable journey one has to take in one's life.

But the journey of self-improvement is very difficult to take it alone. At the first obstacle, it is very easy to give up, which I think you already know.

In any of our self-improvement efforts, we need appropriate support and guidance in order to have the best chance of achieving our goals.

When it comes to improving our health, body and fitness, many find this support in a friend, a group, or a club. But it is best to have the guidance of an Expert in order for you to know you are on the right path. You see, the options in terms of exercise and diet today are so many, that it is easy to waste your time at best, and at worst to harm your body and health.

So I am working on a solution in the form of an online program the women in menopause can follow, in order to get on the right path to their ideal weight.

**Do this short quiz and find out how much you really know about obesity and how it affects your health here:**

<https://cole.netreturns.biz/healthtools/obesity.html>

You will receive the details for that new specialized weight loss program as soon as I have any news, so you should check your email often (in all your folders) for any updates from me.

Until then, I will send you my best health and fitness news for free in your email!

I want to congratulate you for your interest in better health and fitness!

I believe that our world would be much better if we had more people leading a positive and healthy lifestyle!

Talk to you soon,

Paris Andreou, CPT, CNC

The Greek Health and Fitness Coach

<http://www.parisandreou.net/>