

A woman with blonde hair, wearing a maroon tank top, is shown from the side, lifting two black hexagonal dumbbells. She is in a gym setting with a white wall and a window in the background. The lighting is bright and natural.

STRENGTH TRAINING IN MENOPAUSE

January 2026 Newsletter

WHY STRENGTH TRAINING IS ESSENTIAL DURING MENOPAUSE

Menopause brings natural hormonal changes that can significantly affect muscle mass, bone density, metabolism, and overall strength. As estrogen levels decline, women experience accelerated muscle loss and a higher risk of bone thinning—both of which can impact balance, energy, and long-term health.

Strength training is one of the most powerful tools to counter these changes. Regular resistance exercise helps preserve and build lean muscle, which supports a healthy metabolism and improves insulin sensitivity. This is especially important during menopause, when weight gain and blood sugar fluctuations become more common.

Lifting weights or using resistance bands also stimulates bone formation, helping reduce the risk of osteoporosis and fractures. In addition, strength training improves joint stability, posture, and functional movement, making everyday activities easier and safer.

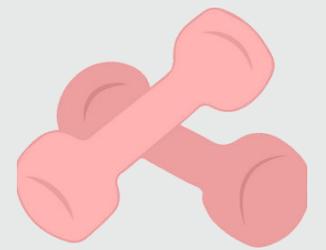
Beyond the physical benefits, strength training supports mental health. It has been shown to reduce anxiety, improve sleep quality, and boost confidence—areas many women find challenged during the menopausal transition.

The goal isn't heavy lifting or perfection. Even two to three strength sessions per week can make a meaningful difference.

When paired with proper nutrition, recovery, and personalized care, strength training becomes a cornerstone of healthy aging.

Compounded bioidentical hormone replacement therapy (cBHRT) can further enhance the benefits of strength training during menopause. By thoughtfully restoring hormones such as estrogen, progesterone, and testosterone to individualized levels, BHRT may help support muscle protein synthesis, bone density, energy, and recovery. When hormones are balanced, many women find it easier to build and maintain strength, improve body composition, and recover more effectively from workouts. When combined with regular strength training, personalized hormone therapy can work synergistically to support resilience, vitality, and long-term musculoskeletal health throughout menopause.

EASY BEGINNER'S ROUTINE



Equipment: Bodyweight or light dumbbells (5–10 lbs), resistance band, or even water bottles

Warm-up: 5 minutes of easy walking, marching in place, or gentle stretching

1. Squats (Lower Body & Bones)

Stand with feet hip-width apart

Sit back like you're lowering into a chair, then stand up

Reps: 8–12

Benefit: Strengthens legs, hips, and supports bone density

2. Wall or Counter Push-Ups (Upper Body)

Hands on a wall or countertop

Lower chest toward hands, then push back

Reps: 8–12

Benefit: Builds arm, chest, and shoulder strength

3. Bent-Over Rows (Back & Posture)

Hold dumbbells or bands

Hinge forward slightly, pull elbows back, squeeze shoulder blades

Reps: 8–12

Benefit: Improves posture and upper-back strength

4. Step-Back Lunges or Chair Lunges (Legs & Balance)

Step one foot back or use a chair for support

Lower slowly and return to standing

Reps: 6–10 each leg

Benefit: Builds leg strength and balance



5. Overhead Press (Shoulders)

Hold weights at shoulder height

Press upward, then lower slowly

Reps: 8–12

Benefit: Supports shoulder strength and daily function

6. Core: Standing or Floor Marches

Lift one knee at a time while engaging your core

Reps: 10–15 per side

Benefit: Improves core strength and stability without crunches

How to Use This Routine

Perform each exercise once or twice through

Rest 30–60 seconds between movements

Start light—if you can do more than 12 reps easily, increase weight slowly

SUPPLEMENT SPOTLIGHT



Creatine is one of the most extensively researched nutrients in sports and clinical nutrition, recognized for its broad benefits beyond athletic performance. As a naturally occurring compound critical for rapid energy production, creatine supplementation has been shown to enhance strength and endurance, accelerate recovery, support cognitive performance, and promote healthy aging.

InBody



An InBody machine uses non-invasive bioelectrical impedance analysis (BIA) to accurately measure body composition, including body fat percentage, skeletal muscle mass, and total body water. In under 60 seconds, it provides a detailed, segmental breakdown of fat and muscle distribution in limbs and the torso, helping track fitness progress.

We are now offering InBody scans to our patients once a month! Spaces are limited and there is a \$40 investment. If you are interested in setting up an appointment, contact us for more details. Next scan date is February 25th. Don't miss out!

COMMUNITY OFFERINGS

Toula Yoga- “At Toula Yoga, we believe that well-being is a lifelong journey—and we’re here to support you every step of the way. Whether you’re looking to deepen your practice through weekly classes, experience transformation on a retreat, or restore your energy with holistic healing services, we offer something for everyone. Our diverse team of instructors and practitioners share one mission: to make yoga, mindfulness, and wellness accessible, welcoming, and empowering for every body and every stage of life.”

Club Pilates- “Club Pilates is a part of Xponential Fitness, a leading global franchisor of health and wellness brands across a variety of verticals, including pilates, barre, cycling, dance, yoga, boxing, strength training, stretching, and metabolic health. Founded in 2017, Xponential has 3000+ global locations and was formed with the mission to make boutique health and wellness accessible to everyone.”

FOREVERWELL- “Discover everlasting wellness with YMCA programs tailored for individuals aged 55 and above! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community.”