



Active together for better mental health.

- 1. Walking or jogging are great for a healthy heart**
- 2. Skipping, hopping or jumping are great ways to strengthen bones, which become weaker due to a loss of oestrogen.**
- 3. Stretching is a fantastic way to combat muscle and joint aches which are a common symptom of menopause**
- 4. Resistance and strength training are vital to prevent the loss of muscle as we get older**
- 5. Dancing is a an all-round exercise that benefits your physical, mental and emotional health.**
- 6. Yoga helps improve balance, which starts to decline in our 50s unless we include it in our exercise routine**
- 7. Swimming or aquarobics are great for cardiovascular health and as there's no impact, are kind to joints too**
- 8. Exercise videos, which you can do at home anytime you like, are a convenient way to fit exercise into a busy life**
- 9. Climbing the stairs is a simple but effective way to get your heart pumping and burn calories**
- 10. It's good to challenge yourself by seeing a goal.**

After RED January, why not set your next challenge to help continue the healthy habits you've formed!