



Share the Wellness Tip

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The Midlife Change Can Do One Good

Middle age is an exciting time for many women. With children out on their own, women may find themselves with more time and freedom. But changes that occur during this stage can take a toll on their physical and emotional well-being.

Menopause, or the "change of life," is different for each woman. Around menopause, which is typically between the ages of 50 to 55, many women get thicker around the middle and lose muscle and gain fat. Hair grays, wrinkles deepen, body parts sag and there's not much that can be done about these changes. Maintaining a healthy self-image is important to a person's overall health and well-being.

Eating right and exercising for at least 30 minutes a day most days of the week can help maintain a body weight that's right. And, women who exercise regularly cope better with menopausal symptoms. They're also protecting themselves against future heart disease, osteoporosis and perhaps even breast cancer. Women should talk with their doctor about a diet and exercise plan geared toward their health needs.

Many middle-age women find themselves caring for aging parents. This can cause fatigue and stress. What's more, the demands of caregiving cause many women to let their own health slide. Women should consult a doctor if they feel sad, tired or anxious for more than two weeks. This could be the onset of depression.

Sources: [National Institute on Aging](#); [U.S. Department of Health and Human Services](#)

