

Weight Gain

I'm pretty sure the Jaw's quote, "We're gonna need a bigger boat!" applies to me now. Is there a weight watchers program that has a menopause meal plan?!?

Well, at least you're not alone in this.... up to 90% of women going through menopause experience some degree of weight gain. Menopause does not cause the weight gain per se, though the hormonal changes make it much easier for you to pack on extra pounds around the thighs, hips and abdomen. Age and genetic factors may also be responsible for weight gain as well. While weight gain can be avoided through diet and exercise it just takes more awareness to manage it. Because you tend to lose muscle mass as you age, it's important to keep some sort of muscle strengthening exercises in your routine to avoid and increase of fat.