

Action Plan for Menopause



ACTION PLAN FOR MENOPAUSE

**Your guide to a
healthy, vibrant transition**

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Reduce menopausal symptoms, promote bone health, and decrease your risk of

cardiovascular disease with "Action Plan for Menopause." Based on the latest research, this exercise-based plan will help you live more comfortably and take control of your diet, fitness level, and health. Learn the best and safest exercises for perimenopause, menopause, and postmenopause and how diet, medication, and exercise interact to affect symptoms. Use one of the sample programs provided or tailor a program to your own needs with workouts to gain strength, flexibility, and stamina. Developed in cooperation with the American College of Sports Medicine, "Action Plan for Menopause" is the healthy way to manage menopause. Take action now to feel and function better, and add quality years to your life.

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