

Moving With The Change

Until recently, menopause was seen as a dreary time of health problems and endings. Now, luckily, women look at life more positively. There's no longer any need to define ourselves by our youth or ability to have children. Most of us will be working for at least another decade. Our activities, families and friends are there to help us through low times.



The menopause is another of life's transitions, like your first day at school, puberty, setting up home and having children. Not all the changes are

necessarily welcome. But this can be one of the most energetic times of a woman's life. Even old age needn't be frightening if you plan for it and look after your health.

- Take some energetic exercise at least three times a week, to keep depression - and weight-gain - at bay. If it's also weight-bearing exercise (say aerobics or running) you'll be keeping your bones strong too. This reduces your risk of the brittle-bone disease osteoporosis, one of the major problems faced by older women.
- When you feel stressed and irritable, find a quiet spot to do your favourite relaxation technique, take a walk or watch a cartoon video. Organize for your own needs instead of everyone else's.

V We need not be afraid of growing older if we keep a positive outlook.

