

5 ESSENTIAL TIPS FOR **Surviving *Thriving* During Menopause**

As we gear up for World Menopause Day, let's take a moment to shine a light on this important life stage. It's a perfect time to raise awareness and share empowering strategies for navigating menopause with confidence!



Nourish Your Body

Embrace whole foods brimming with nutrients! Fill your plate with colorful fruits, vibrant veggies, whole grains, and lean proteins. Consider adding phytoestrogens from soy and flaxseed to help balance hormones naturally.



Move Your Body

Get moving with aerobic exercises, strength training, and calming activities like yoga! Don't forget Kegel exercises—hormonal changes can weaken these muscles, making Kegels crucial.



Stay Hydrated

Hydration is key! Drinking plenty of water can help manage hot flashes and keep you feeling refreshed and energized. Plus, drinking water keeps your skin hydrated, improving elasticity, reducing the appearance of fine lines.



Set Your Nighttime Temps to Cool

Create a cozy sleep sanctuary by setting your nighttime temperatures to cool! A cooler environment can help reduce night sweats and improve sleep quality, making it easier to drift off and stay rested.



Count on Kindbody for Empowerment

You're not alone on this journey—we're here for you! At Kindbody, we offer virtual services to help you navigate menopause with care, including lifestyle assessments, prescription hormone therapy, and more.

On this World Menopause Day, let's come together to foster understanding and support. If you want to schedule a menopause consultation with a Kindbody provider, you can simply call the number below or send us a message in the Kindbody patient portal.