

Lifestyle & POI

A healthy lifestyle helps to...



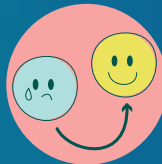
Make your body stronger and fitter



Keep your heart and blood sugar healthy



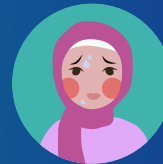
Make your bones strong



Improve emotional wellbeing



Improve your energy levels



Manage menopause symptoms



Stay at a healthy weight

Here are some simple lifestyle tips that can help with POI

Eat Healthy Foods:

Aim for a healthy diet that includes whole grains, lots of fruit and vegetables, lean protein, nuts, legumes, and healthy fats such as olive oil. Use herbs and spices instead of adding salt. Avoid foods containing unhealthy fats (e.g trans fat)



Stay Active:

Move at every opportunity. This helps you keep your weight in a healthy range and your bones, muscles and heart stay strong and healthy.



Eat Enough Calcium and Vitamin D:

These are good for your bones. If you can't get enough from food, talk to your doctor about taking a supplement.



Limit Alcohol:

Drinking too much alcohol is not good for your health. Aim to drink less.



Cut Down on Sugary Drinks and Junk Food:

These can make you gain weight. Aim to consume them less often.



Don't Smoke:

Smoking can make POI symptoms worse and is bad for your heart and bones. Quitting smoking is good for your health.



Manage Stress:

Try to practise relaxation by doing yoga, meditation, or deep breathing exercises. This is good for your heart too.



See Your Doctor Regularly:

Go for check-ups to keep track of your health and get advice from your doctor.



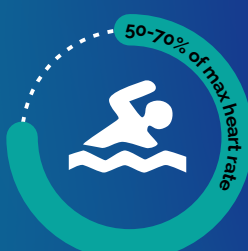
Move at every opportunity

Take every opportunity to move.

- Take the stairs
- Park further away
- Walk to the shops instead of driving
- Sit less, move more



Light



Moderate



Vigorous

Any activity is good activity

Maximum heart rate = 220 minus your age.

The amount and type of activity you do may need to be changed if you have certain health conditions (eg heart disease or osteoporosis). Talk to your doctor for advice.

How much activity is ideal?

WEIGHT MAINTENANCE

Adult Women
150+ minutes per week moderate activity, **OR** 75+ minutes per week vigorous activity, **OR** Combination of both **INCLUDE** weight training 2x per week

WEIGHT LOSS

Adult Women
300+ minutes per week moderate activity, **OR** 150+ minutes per week vigorous activity, **OR** Combination of both **INCLUDE** weight training 2x per week



The free **Ask Early Menopause App** provides comprehensive, high quality POI and early menopause information, women's stories and support tools that are based on the latest evidence (www.askearlymenopause.org).

Information from the updated **2024 ESHRE POI guideline:** (www.eshre.eu/Guidelines-and-Legal/Guidelines/Premature-ovarian-insufficiency)

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