INTRODUCTION

- Women spend an average of seven years in perimenopause.\(^1\) Up to 85% of women experience physical and psychological menopausal symptoms,\(^2\) which are shown to significantly reduce health-related quality of life across the menopause transition (MT).\(^3\)
- The MT is also associated with adverse body composition changes of increased percent body fat (\%BF),\(^4\) decreased lean mass (LM),\(^5\)
- Evidence suggests lower carbohydrate to protein ratio (C:P) positively influences metabolism\(^6\) and body composition in women.
- Despite impact of MT and associated symptoms on quality of life, there is little clarity regarding modulating factors of frequency and severity of total menopausal symptoms (TMS).

PURPOSE

Characterize relationships between body composition (%BF, LM), activity (low [LOW], moderate [MOD], vigorous [VIG] active mins/day), nutrition (C:P), and TMS in pre- (PRE), peri- (PERI), and post-menopausal (POST) women.

REFERENCES


RESULTS

Targeted exercise and nutrition interventions to alleviate body composition changes and reduce menopausal-related symptoms should be menopause stage specific.

PRACTICAL APPLICATION

Body Composition, Activity, & Nutrition in Menopause

Sam R. Moore MS\(^1\)^, Hannah E. Cabre PhD\(^1\)^, Kelly E. Joniak BS\(^1\), Alex N. Ladan BS\(^1\), Abbie E. Smith-Ryan PhD\(^1\)^\(^2\)

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