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TITLE

EXERCISE FOR DISEASE PREVENTION IN MIDLIFE AND BEYOND

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ABSTRACT

Menopause is associated with multiple metabolic changes, part of which are attributed to the decline of ovarian estrogens. Menopause inflicts a redistribution of fat in the abdomen, resulting in central obesity, which along with dyslipidemia lead to an increase in insulin resistance. Aging on the other hand decreases energy expenditure, due to sarcopenia and reduced physical activity. Women therefore, tend to gain weight during midlife. Furthermore, menopause is associated with an increased risk of cardiovascular disease and osteoporosis. Measures to prevent the fat accumulation and the chronic diseases associated with menopause include most importantly the incorporation of physical activity in the daily routine. Exercise counteracts insulin resistance and increases muscle mass, helping thus in the restoration of basal metabolic rate and the prevention of sarcopenia. Furthermore, exercise decreases the risk of cardiovascular disease and of osteoporotic fractures. Physical exercise should consist of at least 30 minutes per day moderate exercise, like walking, or at least 75 minute per week vigorous exercise, like running or swimming.

INSTITUTE

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