



The pause that refreshes

4 great reasons to celebrate menopause!

What comes to mind when you think about menopause? Symptoms like night sweats, hot flashes and mood swings? Take heart—this isn't your mother's menopause. Women today see menopause as an opportunity to get healthier than ever before in mind, body and spirit.

Here are four reasons to kick up your heels as you approach and settle into this new phase of your life.

1. Forget worrying about periods

Say goodbye to menstrual bloating, fatigue, cravings and irritability. Even if your periods were relatively easy, you can forget about the inconvenience, cramps, the expense of feminine products and the disruption of your workday and life in general. Now you can enjoy browsing the flea market, roaming the mall or biking through the park without scouting for the closest ladies' room.

2. Forget worrying about pregnancy

Not only is an intimate relationship with your partner deeply rewarding, it also makes weathering life's stresses more doable. No more nervously checking the calendar—now you're free to be more loving and giving.

3. Claim your inner "healthy woman"

Inside every stressed woman who'd like to lose a few pounds and feel more energetic is a healthy woman who loves her salads and finds daily walks/swims/weight sessions/yoga classes a joy. Menopause is the perfect time to re-examine your health habits and step up your self-care. Eating well, exercising and getting proper sleep not only fight that thickening waist but also reduce your risk of diabetes, heart disease, stroke, osteoporosis and cancer.

4. Redefine who you are

While the physical "you" is in transition, your mental and emotional outlooks change, too. Contemplating "part two" of your life may lead to new ideas for how you want to spend your days. Get creative, seek support and explore your buried dreams, your hidden talents, your wildest yearnings.

Stay healthy!

➔ **For more information about menopause and how to treat your symptoms, visit northside.com.**