



WOMEN'S HEALTH and Happiness



Keep your metabolism firing

Regular resistant and aerobic exercise will keep your metabolism burning energy optimally, also building healthy muscle tissue and maintaining a healthy weight.

Sneak in extra movement

Increase your incidental movement by taking the stairs, walking to another's office rather than sending an email, go for a walk at lunch or clean the house with some vim & vigour!

Love your muscles

Weight training / resistance exercise is essential for bone strength, posture and overall strength and stability. Try some body weight exercises like push ups, planks, squats or do some pilates, yoga or weight training as part of your exercise.

Stick to a routine

Choose the same time on the same days of the week for your exercise and stick to them. Prioritise.

Alcohol use

No amount of alcohol is safe in terms of cancer risk. The 30% increase risk of breast cancer from 3 or more drinks a day is similar to the effect of smoking a packet of cigarettes or more a day!

Aim for no more than 2 drinks per night & 3-4 alcohol free days a week.



Nutrition hits for women

Common nutritional deficiencies seen in women include:

Essential fatty acids (oily fish, nuts, seeds, avocado, extra virgin olive oil).

Iron (red meat, organ meats, mussels, oysters, blackstrap molasses, green leafy vegetables).

Zinc (oysters, red meat, nuts and seeds)

Iodine (iodised salt, seaweed, seafood, yoghurt, eggs).

Calcium (fish with bones, dairy foods, sesame seeds, green leafy veggies, tofu).

B vitamins especially B6 and B9 (folate) (grains, nuts and seeds, green leafy vegetables, red meat, organ meats, brewer's yeast, legumes).

Signs & symptoms to watch

Breast Changes:

Report any changes in tissue or appearances to your medical practitioner immediately.

Changes in bowel habit:

New, persistent or unexplained symptoms like rectal bleeding over the age of 40yrs should seek medical advice. Other things include changes in bowel habit, abdominal pain and mucous discharge.

Unexplained gastrointestinal & urinary symptoms:

Abdominal bloating or pain, pelvic pain, increased urinary frequency and urgency, difficulty eating and feeling full quickly. All these symptoms may be an indication of ovarian cancer.

Abnormal vaginal bleeding:

Periods that are excessively heavy, bleeding between periods, bleeding after sexual activity and any bleeding experienced by post-menopausal women must be investigated immediately.

Step it up instead of sending an email

