Resource Guide

[October 2026]

Weight, Metabolism & Midlife Health

- Many women notice changes in weight and metabolism as they age, especially during perimenopause and menopause.
- These changes are common, but some may increase the risk of diabetes or heart disease if left unmanaged. Here are a few ways to support your health:
    - Focus on balanced nutrition
    - Stay active with cardio and strength-based activities
    - Prioritize sleep and stress management
    - Choose sustainable habits over quick fixes

  If you have concerns about changes in your health, speak with your healthcare provider.

Scan to explore more Health Moments and women's health resources at purolatorhealth.com.

