

## **BABY BOOMERS WAGE WAR ON MENOPAUSE THROUGH EXERCISE**

The fight for thin thighs has become a fight to regain sex drive and stop the hot flashes

Baby Boomers are a generation of high achievers who look aging straight in the eye and wage war. As the hot flashes, mood swings and a loss of concentration take hold with the onset of menopause, women are discovering that their exercise program not only keeps them young, but helps them to put up an effective fight against these and other hormone related symptoms. They're committed to enjoying the best that life has to offer and are finding the tools to keep them feeling vibrant and energetic for as long as possible.

Sarah Mulaner, Owner of Imagine Fitness in Oakville, does her part to train these warriors in their fight to stabilize their bodies through this time. Sarah says, "More and more, my clients call on me as much to help them sleep better, stay calm and reduce hot flashes, as to tighten and tone." Sarah, an A.C.E. Certified Trainer who manages a team of personal trainers, has been helping people achieve their fitness goals for 15 years. She has first hand experience with the increase in menopause related symptoms among her clients, as more and more Boomers reach this stage of life. Her approach to exercise keeps it interesting and can include pilates, yoga and kettlebells.

Sarah says, "It's amazing what proper nutrition and the right kind of exercise can do, not only to build self-esteem and energy, but to gain control at a time when some women, who don't exercise, feel that they've lost a part of themselves." Sarah is also trained in nutrition counseling and will create a plan based on her clients' unique needs to help them attain their goals quickly, yet realistically.

"Sometimes I'm hired because a woman wants to lose weight and tone up. While we're working at achieving that goal, she tells me that her husband is happier because she's feeling relaxed and sexier than she's been in a long time," says Ms. Mulaner. Some women don't realize that anxiety and lack of sex drive are also symptoms of menopause that can be alleviated through regular exercise.

Boomers have taken what used to be a taboo subject and brought it out into the light of day in their quest to deal head-on with this stage of life. Those who do their research and commit to a targeted routine can look forward to slimmer bodies at a time when metabolism starts to slow, stronger bones at a time when osteoporosis can strike, more self-confidence and a reduction in the symptoms associated with menopause — all goals worthy of a courageous battle.

*Sarah Mulaner is an A.C.E. Certified Personal Trainer and Owner of Oakville's Imagine Fitness. She has been working with clients through Mississauga, Oakville and Burlington for the last 15 years. She specializes in in-home/in-office personal training, athletic/sport-specific conditioning and outdoor bootcamp classes. Check out [www.imaginefitness.ca](http://www.imaginefitness.ca) for more information about the programs and services offered.*

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*If you'd like more information about this topic, or to interview Sarah Mulaner, please call (905)483-1024 or email [results@imaginefitness.com](mailto:results@imaginefitness.com).*