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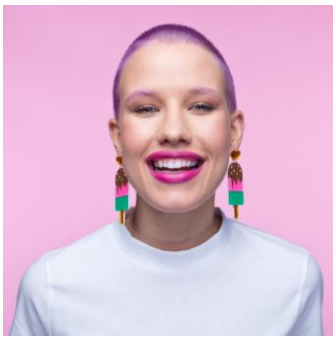
WOMEN

How to Play Into Your Biology



Men and women are biologically very different. While general health guidelines remain the same for both men and women, (diet, exercise, tobacco cessation, sleep etc.) let's discuss some specifics women can focus on to boost their wellbeing.

Biological Factors

- Hormone fluctuations (menstruation, pregnancy, menopause)
- Higher autoimmune disease prevalence
- Unique reproductive anatomy and disease risk associated
- Bone density and metabolic changes post-40

Breast cancer, cervical cancer, and decreased bone density are a few of the factors that contribute to longevity and quality of life.

Social Factors

- Caregiving stress
- Career-life balance
- Disparities in medical research

Stress can increase risk for chronic disease, hypertension, heart attack and stroke.

Behavioral Factors

- Dieting culture and disordered eating risks
- Overexercise or sedentary lifestyle
- Neglecting preventive care
- Mental load and chronic stress

Many of the listed factors can be positively influenced by lifestyle choices and habit creation.

While these barriers may seem overwhelming, there's much you can do to play into your biology. The following are suggestions on how to close the health gap.

Lifting Weights for Strength and Hormonal Support

Resistance training is one of the most effective ways to counteract the effects of aging, hormonal shifts, and metabolic slowdown. It supports lean muscle mass, strengthens bones, and helps regulate blood sugar and insulin sensitivity–all crucial for women, especially during and after perimenopause.

Creating Joyful Movement Routines

Fitness should feel like freedom, not a chore. Joyful movement honors your body's needs and preferences–it's movement that makes you feel energized, grounded, and whole.

- Choose activities that you look forward to - walking in nature, dancing, swimming, group classes, or playful movement with kids or pets.
- Mix structure with spontaneity. Have scheduled workouts but leave room for movement that's intuitive and mood-based.
- Celebrate what your body can do over how it looks.

Prioritizing Rest, Boundaries, and Self-Care

Rest is productive. Setting boundaries is healing. Self-care isn't indulgence–it's essential maintenance for mental, physical, and emotional health.

Regular Health Screenings *Mammogram, DEXA Scan, Thyroid Tests*

Proactive care catches small issues before they become big ones. Regular screenings are the cornerstone of preventive health.

Seeking Community and Support Networks

Health isn't a solo mission–it's strengthened by community. Support systems nourish emotional resilience, reduce isolation, and offer accountability and perspective.