

The Importance of Rational Nutrition and Fitness Activities for Preventing Obesity in Women During Menopause

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ARTICLE INFO

Received:  June 21, 2026

Published:  July 27, 2026

Citation: Aftimichuk Olga and Polyakova Varvara. The Importance of Rational Nutrition and Fitness Activities for Preventing Obesity in Women During Menopause. Biomed J Sci & Tech Res 66(2)-2026. BJSTR. MS.ID.010324.

ANNOTATION

With the onset of menopause, a woman's body undergoes many changes that can cause discomfort. One of these processes can be considered sarcopenia – age-related muscle atrophy, which leads to loss of muscle mass and strength. In this case, regular physical activity is an effective non-drug method of preventing the above-mentioned changes. However, physical activity alone cannot fully contribute to improving the condition of the female body. A balanced diet plays an important role in solving this problem. Only if both conditions are met there are possible positive results. Along with the climacteric syndrome, there are observed emotional and mental disorders, decreased memory and attention, deterioration of performance and irritability. The severity of symptoms varies and depends on the lifestyle. This can be achieved by observing the basic rules of a healthy lifestyle, namely a proper and healthy nutrition, physical exercise, a stable state of the nervous system, fruitful work, giving up bad habits, etc.

Keywords: Women; Menopause; Nutrition; Fitness

Introduction

The relevance of studying the problem of a healthy lifestyle in women is caused by the increase in diseases of various types. One of the main causes of discomfort in a woman's body is climacteric syndrome, which is a complex of symptoms characterized by neuropsychiatric, vasomotor and metabolic-endocrine disorders that occur against the background of age-related changes in the body [1,2]. Often the onset of the disease is preceded by stressful situations of various kinds. These phenomena can be provoked by any irritant, including emotional stress, changes in weather conditions, etc. In the occurrence of metabolic-endocrine disorders, both general and changes in metabolic processes play an important role [3]. With the onset of menopause, the female body experiences hormonal changes that often trigger the development of excess body weight. Due to the decrease in the synthesis of female sex hormones (estrogens) and the active production of male hormones (androgens), the distribution of adipose tissue in the body is disturbed. Excess fat deposits accumulate in the subcutaneous tissue of the abdominal cavity [4]. Along with

climacteric syndrome, it can be also observed emotional and mental disorders, decreased memory and attention, deterioration of performance and irritability. The severity of symptoms can vary depending on lifestyle [5]. This can be achieved by observing the basic rules of a healthy lifestyle, namely proper and healthy nutrition, physical exercise, a stable state of the nervous system, fruitful work, giving up bad habits, etc.

Purpose and Methodology of The Research

The purpose of the research – to establish the relationship between rational nutrition and fitness activities for the prevention of obesity in menopausal women. To achieve the set goal, the following research methods were used: theoretical methods – analysis and generalization of the specialized literature on the study of the problems of obesity and nutrition in the process of fitness training for menopausal women; empirical method: pedagogical observation, sociological survey; method of interpreting statistical data.

Research Results and Discussion

To determine the importance of rational nutrition and fitness activities for the prevention of obesity in women during menopause, a sociological survey was conducted. The questions were answered by 85 respondents aged 30 years and over, with approximately equal proportions from the age periods shown in (Figure 1). Moreover, most of them are married, which allows us to judge their interest in the problem presented (Figure 2). This is confirmed by the following slide, which shows a virtually equal mix of respondents, both those in menopause (51.4%) and those not experiencing this problem (48.6%). At the same time, almost half of the respondents (48.1%) in menopause noticed a slight weight gain. As the survey shows, female

respondents generally follow a diet (Figure 3). Consuming healthy foods, such as fruits and vegetables (Figure 4). At the same time, it can be noted that a third of respondents use products high in sugar and processed fats daily. With this, more than 60% drink 1.5 and 2 liters of water, recommended by doctors (Figures 5 & 6). Unfortunately, about 63% of female respondents do not exercise. And among those who answered positively to this question, exactly half of them rarely do fitness (Figure 7). In terms of physical activity, it can be observed that respondents' choice of fitness programs is quite diverse (Figure 8). There are no preferences for a particular one. An interesting result of the following question is the fact that over 60% of female respondents agreed that fitness can contribute to reduce body weight.

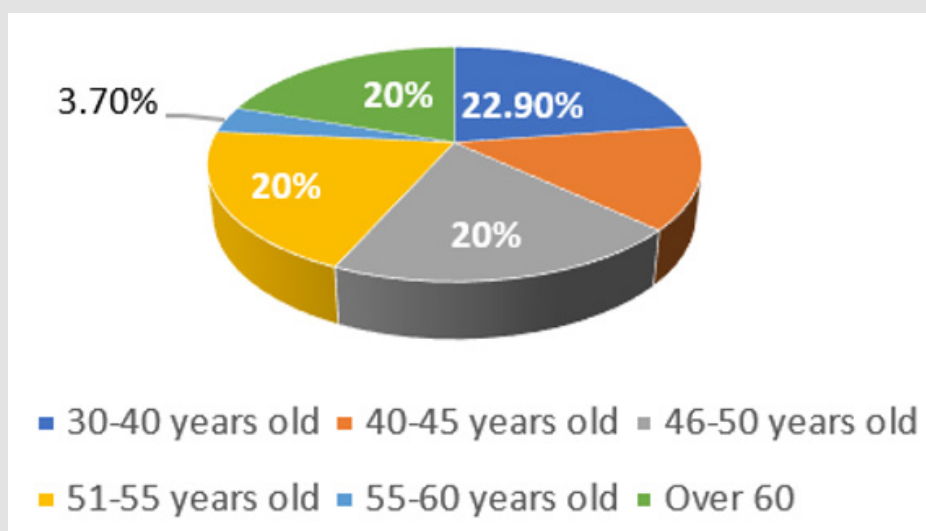


Figure 1: What is your age?.

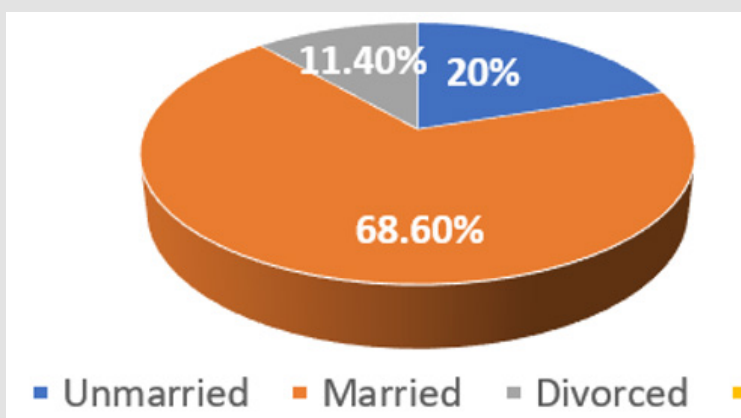


Figure 2: Your marital status?.

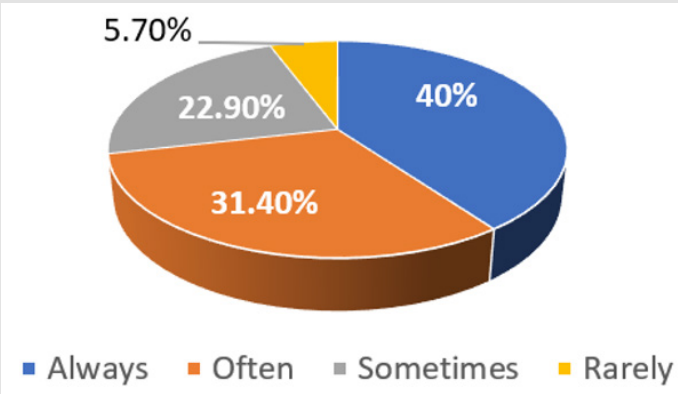


Figure 3: How often do you eat regular meals (breakfast, lunch, dinner)?.

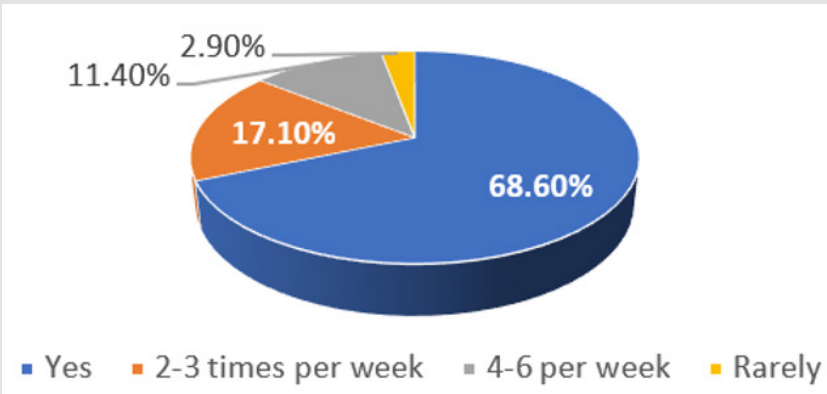


Figure 4: Do you eat fresh fruits and vegetables daily?.

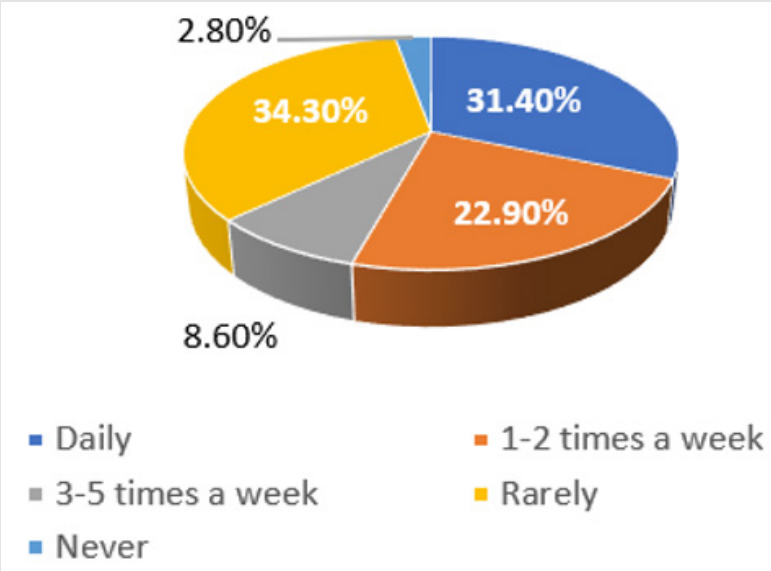


Figure 5: How often do you consume products high in sugar and processed fats?.

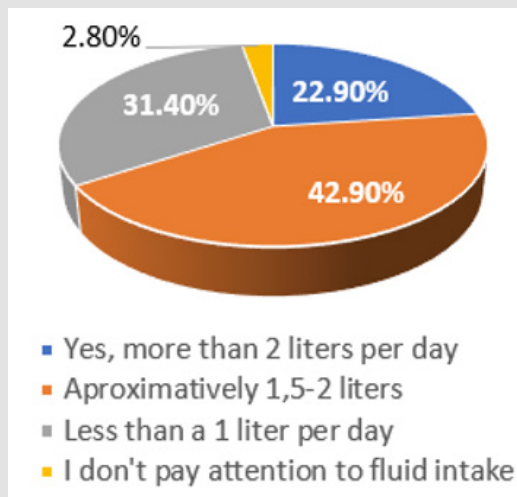


Figure 6: Do you usually drink enough fluids throughout the day (water, tea, natural juices)?.

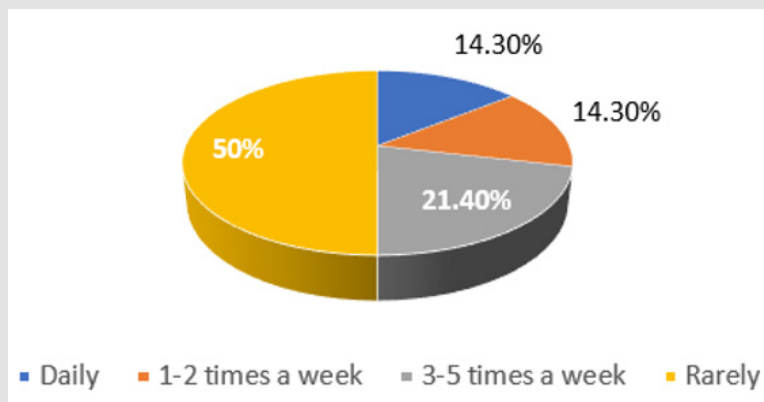


Figure 7: If so, how often do you exercise?.

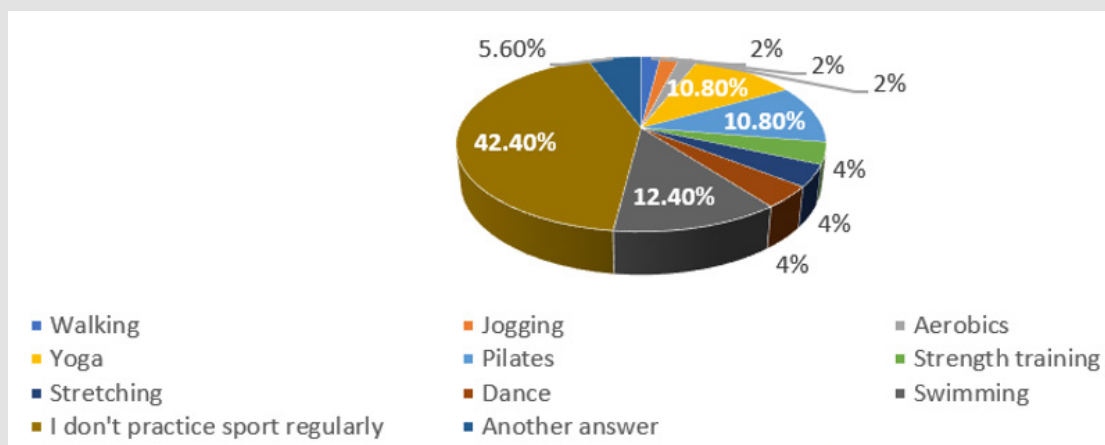


Figure 8: What type of fitness programs do you prefer?.

At the same time, 37% deny the idea of this statement. In our opinion, this issue is not very relevant among women over 30 years of age. However, previous answers can be substantiated by the results presented in the next figure, where about 70% of respondents lead a fairly active lifestyle (Figure 9). There is a kind of some misunderstanding regarding the responses of 40% of respondents that obesity during menopause doesn't represent a serious problem. Perhaps these results are in line with the previous ones, according to which women lead an active lifestyle or do not pay attention to such a problem (Figure 10). This fact is confirmed by the following responses, which show that the answers were divided approximately equally: the first half of the respondents (51.4%) are confident that a healthy diet

prevents obesity, the other half doubt this (Figure 11). We observe the same state of responses to the following questions. Only a little more than a third of respondents are interested in healthy eating, and about a fifth are not interested in physical exercise (Figures 12 & 13). As a continuation of the nature of the responses received, we notice that only a quarter of respondents believe in weight loss diets (Figure 14). According to the survey results, we note an average level of stress in slightly more than half of the respondents, which is a constant state of life (Figure 15). At the same time, approximately 60% of respondents support the opinion that in order not to gain weight it is necessary to combine healthy eating with physical activity (Figure 16).

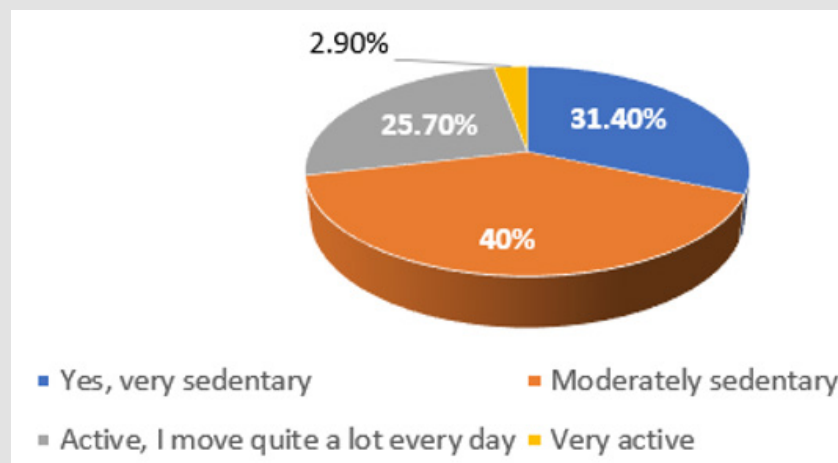


Figure 9: Do you have a sedentary lifestyle (office work, lack of exercise)?.

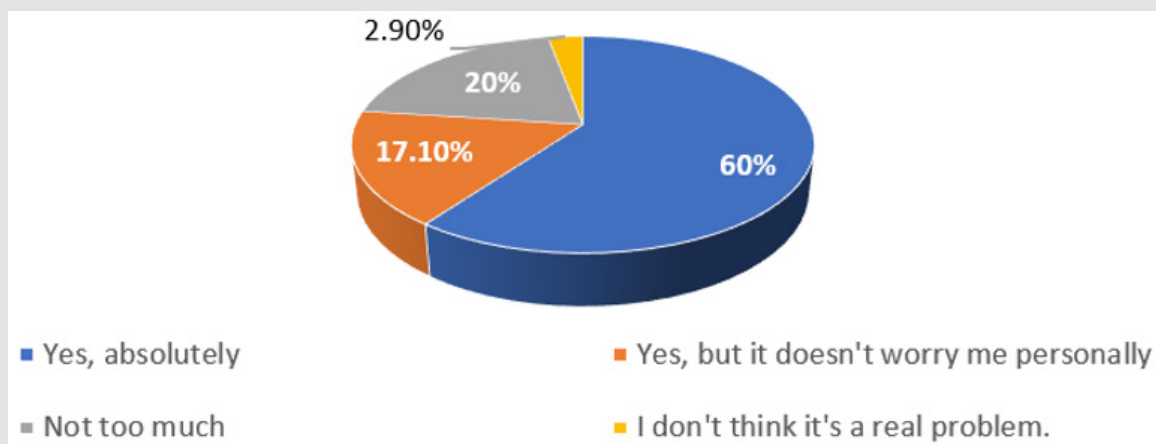


Figure 10: Do you think obesity during menopause is a serious health problem?.

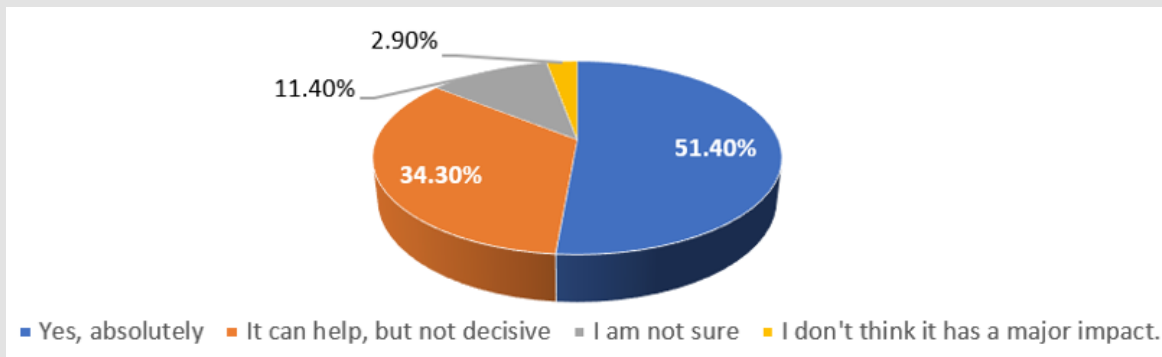


Figure 11: Do you think healthy nutrition can prevent weight gain during menopause?.

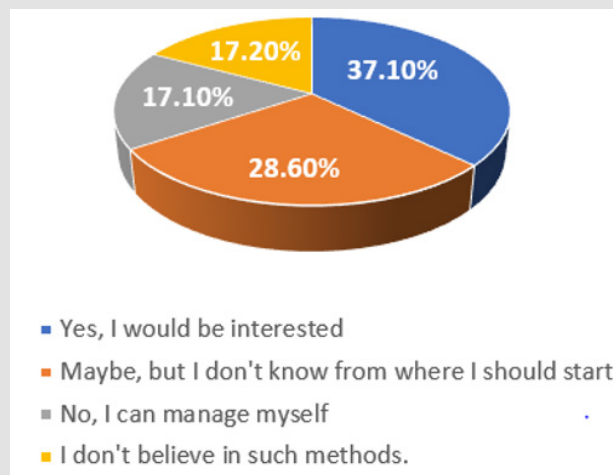


Figure 12: Are you interested in nutritional counseling or personalized diet plans?.



Figure 13: Are you interested in participating in fitness programs for menopausal women?.

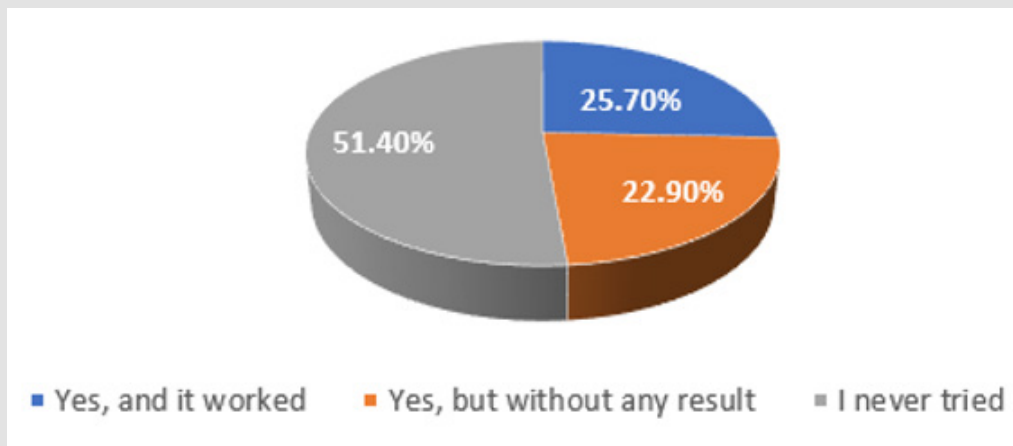


Figure 14: Have you ever been on any weight loss diets?.

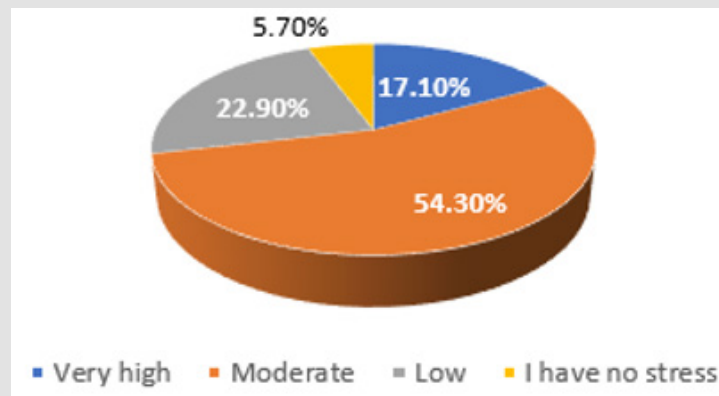


Figure 15: How do you assess your daily stress level?.

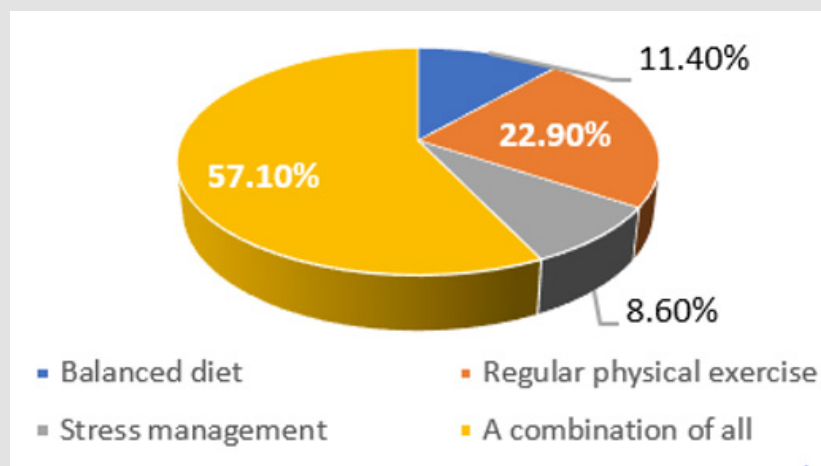


Figure 16: What do you think is most effective for maintaining a healthy lifestyle during menopause?.

And more than 80% are motivated to be healthy (Figure 17). It is such a pity to note that only 57% of respondents agree to change their lifestyle to avoid gaining weight (Figure 18). In our opinion, since the majority of female respondents (more than 70%) are married, most

of them do not need changes, as they are already established in life. At the same time, they justify themselves by the lack of time, motivation and the high cost of healthy food (Figure 19).

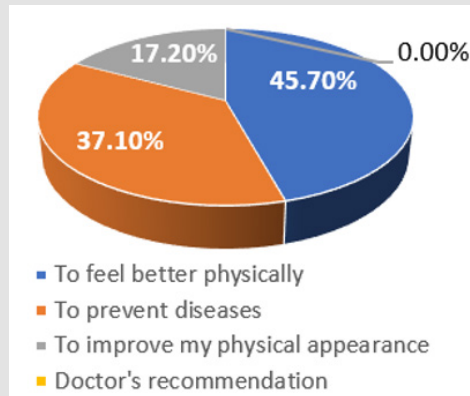


Figure 17: What would motivate you the most to adopt a healthy lifestyle?.

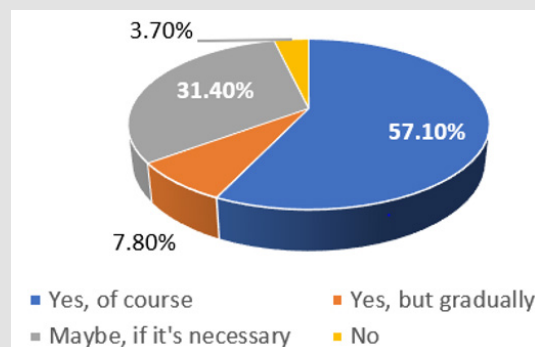


Figure 18: Are you ready to make lifestyle changes to prevent obesity?.

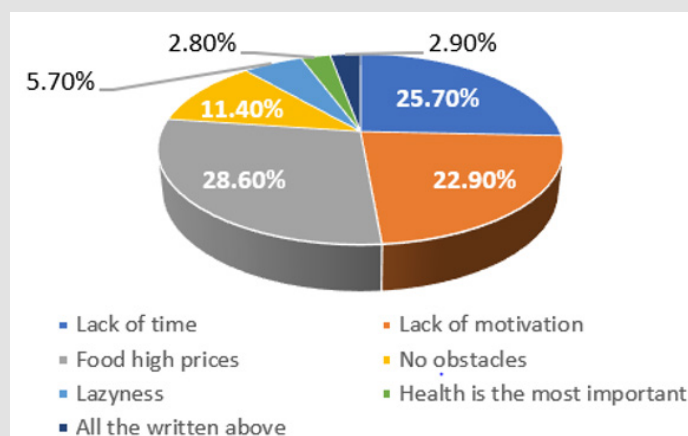


Figure 19: What obstacles do you face in maintaining a healthy lifestyle?.

Conclusions and Recommendations

The most common reason for failure in weight loss process, as well as weight gain, is incorrect calorie calculation. Approximately 30% of those who lose weight do not reduce calories enough, while on the other side, when gaining weight, approximately 40% of people do not take in enough calories. Nevertheless, the metabolic rate is individual for each person, as it depends on genetic characteristics, as well as lifestyle. In this regard, the question of individual nutritional composition arises, taking into account the principles of rational nutrition. The sociological study conducted allowed us to draw the following conclusions. Not all women in menopause understand the seriousness of the health problems they face. However, the importance of a healthy diet and exercise is not relevant for this group of women. The issue raised in this study emphasizes the need for both doctors and fitness professionals to educate women about its negative consequences. Thus, the research conducted made it possible to identify a number of recommendations that can help prevent weight gain in menopausal women. You need to change your lifestyle. If you are overweight, you need to adjust your diet and add physical activity. To correct your diet, you should:

- Analyse your diet, reduce the number of calories (kcal) consumed per day;
- Calculate the daily calorie intake that is usually consumed

per day using special tables indicating the number of calories for a particular product;

- Gradually reduce the number of calories consumed per day.

Physical activity after 40 years involves moderate intensity training, carried out at least twice a week, with priority in the fresh air. Walking, cycling, aerobics and stretching exercises are preferable. At the same time, it is recommended to gradually increase the effort, but within reasonable limits. Changes during menopause can be controlled. The principles of proper balanced nutrition and physical activity will help not only to improve well-being and health indicators, but also to maintain external attractiveness.

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ISSN: 2574-1241

DOI: 10.26717/BJSTR.2026.66.010324

Aftimichuk Olga . Biomed J Sci & Tech Res



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