Women 40+, What Changes

What perimenopause and menopause change, and what to do about it in the gym and the kitchen.

Most of the macro targets are the same for men and women: they scale with your size. The big difference shows up in your **40s and 50s**. As estrogen drops through perimenopause and menopause, bone and muscle are lost faster. The good news: the same things we do at TLC are the best defense.

20%

Up to **20% of bone density** can be lost in the 5–7 years after menopause. Muscle goes faster too. Training and nutrition slow it down.

Lift heavy

Strength training is the best tool you have.

In the LIFTMOR trial, women past menopause with low bone mass lifted 5 sets of 5 at 80–85%+ twice a week and gained spine and hip bone density. Supervised and safe.

Protein high

Aim for the top of the range.

1.6–2.2 g per kg of bodyweight, toward 2.2. Spread it over 3–4 meals of 25–40 g. It protects the muscle you train for.

Calcium + vitamin D

Needs go up at 51.

Calcium: 1,000 mg a day to 50, then 1,200 mg. Vitamin D: 600 IU (800 IU after 70). Try dilis, sardines with bones, tokwa, malunggay and milk.

Iron + fiber

Needs go down after menopause.

Iron: 18 mg a day while you still have periods, 8 mg after. Fiber: about 25 g a day under 50, 21 g from 51.

GET A BASELINE

Ask your doctor about a bone density (DEXA) scan around menopause, especially with a family history of osteoporosis or fractures.

WHY HEAVY MATTERS

Bone responds to heavy, fast loads more than light work. That's why TLC builds strength in the 3–5 rep range, plus jumps and throws in small doses.

Sources: Bone Health and Osteoporosis Foundation; LIFTMOR trial (Watson et al., J Bone Miner Res, 2018); NIH Office of Dietary Supplements RDAs; Institute of Medicine fiber AI. General education only, not medical advice.