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How Menopause Affects Exercise: Thirst

Dr. Peggy Whitson is an astronaut on her third extended mission on the International Space Station. If her current mission ends as planned, she will be the astronaut with more time in space than any other. She just completed her 7th spacewalk to install three new lithium-ion batteries. This is nothing like changing the batteries in the remote; each battery is about the size of half of a refrigerator and takes hours to install. And, oh, by the way, Dr. Watson is 56 years old.



By all accounts, she is fit, with an avid interest in weight training and biking while on earth. She would have to be fit; the energy cost, strength, and endurance to walk in space and work for over four hours requires it. She is an example worth emulating by every woman and most men as well.

Two things that women in menopause who exercise should know is that your cooling mechanism takes longer to begin, and your thirst sensors don't work as well. To make sure you get enough fluids to keep your cooling mechanism in good operating order, make sure you drink water or other fluids regularly before, during, and after your workouts—whether you feel you need them or not.

What are you prepared to do today?

Dr. Chet

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