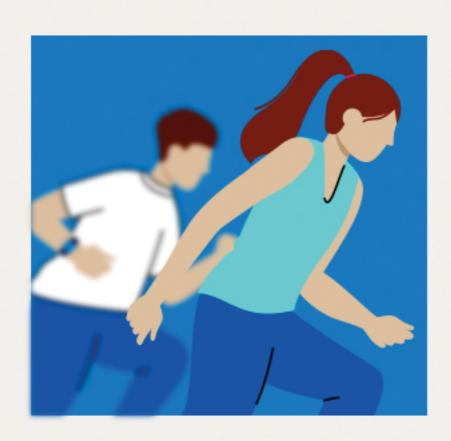
Best menopause workouts

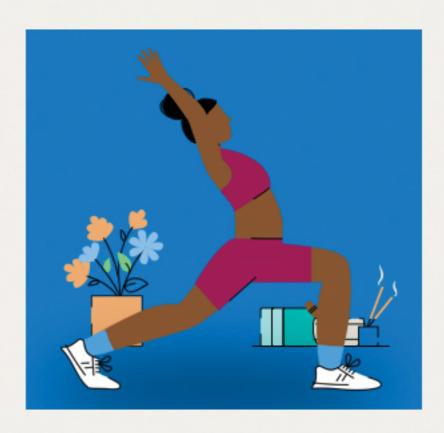




Cardio for energy and heart health



Strength training for bone health



Yoga for hot flushes and insomnia