

# Staying Healthy During and After Menopause

These tips may help you lower your risk for health problems such as heart disease and osteoporosis.



Eat a healthy diet.



Get enough calcium and vitamin D.



Be physically active.



Maintain a healthy weight.



Limit or avoid alcohol and don't smoke.

To learn more about menopause, visit [www.nia.nih.gov/menopause](http://www.nia.nih.gov/menopause).