



MENOPAUSE AND MY WEIGHT

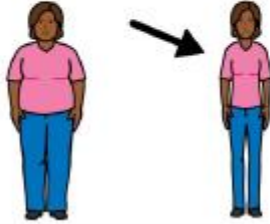
I may gain weight.




My body shape will change and my clothes may fit differently.




It may be hard for me to lose the weight.




I may want to eat unhealthy foods.



But I should eat healthy foods.




I should drink plenty of water.



I should exercise.



Weight gain can happen to all women as they go through menopause.



If I have questions, I can talk with a trusted adult like my family, staff, or doctor.

