

## Mayo Clinic Minute

### Women and midlife weight gain

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Aging can do a number on your waistline.
<b>Ekta Kapoor, M.B.B.S. Women's Health Clinic Mayo Clinic</b>	"All of us, regardless of the sex, males and females, gain weight as we age."
<b>Vivien Williams</b>	But Dr. Ekta Kapoor says women have to cope with weight issues that come with menopause. On average, women in midlife gain about a pound and a half every year. That's 15 pounds in one decade.
<b>Ekta Kapoor, M.B.B.S.</b>	"The hallmark of menopause is declining estrogen levels, and estrogen plays a pivotal role in fat distribution in the body."
<b>Vivien Williams</b>	Menopause makes you gain weight around the midsection, and it slows your metabolism. But the main reason for midlife weight gain is ...
<b>Ekta Kapoor, M.B.B.S.</b>	"There are subtle changes in our physical activity level."
<b>Vivien Williams</b>	So how can you beat the midlife bulge?
<b>Ekta Kapoor, M.B.B.S.</b>	"Really, the core of this is lifestyle changes."
<b>Vivien Williams</b>	If you slowly cut calories and move more every day, you can maintain a healthy weight long term. For the Mayo Clinic News Network, I'm Vivien Williams.