

THE CONVERSATION

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Hot flushes dwindle the day after exercise

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A new study has found that women who exercise during menopause may experience fewer hot flushes in the 24 hours following physical activity.

Women who are generally inactive or obese tend to have a risk of increased symptoms of hot flushes.

But for women who experience mild to moderate hot flashes, there is no reason to avoid physical activity for the fear of making symptoms worse as exercise can be helpful and maximize good health.

[Read more at Penn State University](#)

Source

Penn State University

Tags

Menopause, Exercise