



DO YOU LIKE TO READ AND WIN FREE BOOKS? THEN JOIN OUR CLOSED FACEBOOK GROUP, THE GIRLFRIEND BOOK CLUB, TODAY!



Login

Subscribe

Health Relationships Money Lifestyle Book Club Videos

Health | April 4, 2025

Yes, You Have Less Energy. Here's What To Do About It

Fatigue is common but we can change the story.
By Kelle Walsh



Sol Cotti

Do you like to read and to win free books? Do you enjoy hearing from your favorite authors? Then join our closed Facebook group, The Girlfriend Book Club, today. You'll love it!



All my friends are so **tired**. Liv has a hard time keeping her eyes open in the afternoon. Cathy can't muster the energy to job-search, even though she's miserable in her current role. Charli is too exhausted to work out. No one feels like cooking dinner. Come 9pm, we're all ready for bed.

There are many reasons why women in their 50s are tired. Age- and menopause-related changes in hormones, muscle mass, cellular function and even how well our bodies deliver oxygen, all influence our energy levels.

Then there are environmental factors. Dealing with aging parents, kids and career pressures can drag us down. We're also more vulnerable to depression.

Most likely, feeling fatigued is due to a combination of factors, say medical experts. But we can change the story.

Squash inflammation.

As we age, cellular dysfunction can trigger low-grade **chronic inflammation** throughout the body. In addition to increasing our risk for heart disease, diabetes and cancer, inflammation is associated with fatigue.

It can also be caused by lifestyle factors. Lack of quality sleep, stress, **weight gain**, inactivity and a poor diet all contribute to inflammation.

"The key is not to have inflammation in your body," says Dr. Michael Roizen, Chief Wellness Officer at the Cleveland Clinic and author of *The Great Age Reboot*. "And that's something you can control."

Tackle stress.

Stress increases cortisol which, over time, can trigger inflammation. It's also taxing on the body, impacting sleep, mood and energy level. Mindfulness meditation, yoga, exercise, being outdoors, journaling or therapy can help.

Eat an anti-inflammatory diet.

The **Mediterranean diet**, which emphasizes whole, nutrient-dense foods, can protect against inflammation and help **reduce** it. These foods also support energy by keeping your microbiome healthy.

Reduce sugar.

Sugar consumption is also related to inflammation. Women should have no more than **24 grams** of added sugar, or 6 teaspoons, a day — half of what we usually consume.

Sugar is common in processed foods, including yogurt and peanut butter. And watch what you drink, says Dr. Jen Wagner of Prosper, a performance program for women. Juice, coffee additions and energy drinks have surprising amounts of sugar. So do most cocktails — and mocktails.

Build muscle and endurance.

Muscle is important for energy production and stamina. But after menopause, women lose muscle mass at a faster rate. Resistance or strength training is especially important for aging women.

Wagner suggests working with a coach to start. And don't worry about barbells just yet. Body weight and resistance bands also work.

Women also need to regularly get their heart rate up.

"Part of keeping energy up is keeping blood vessels working well," says Dr. Roizen. "Blood vessel functioning changes when your estrogen levels change."

Our arteries become stiffer and cholesterol levels rise, putting us at risk for cardiovascular disease and impacting blood oxygen levels, which will cause you to have less energy.

Aerobic, or endurance, exercise helps "by improving oxygen delivery and heart and blood vessel functioning," says Dr. Sabrena Jo, Senior Director of Science & Education at the American Council on Exercise.

Aim for at least 150-300 minutes of moderate or 75 minutes of vigorous exercise per week, plus two sessions of resistance training, she says.

Prioritize sleep.

Sleep is when our bodies repair cellular damage and restore energy levels, among other functions.

Yet as many as 50 percent of us report having a sleep problem, according to The Menopause Society.

"We know that menopause is associated with insomnia. It takes longer to fall asleep and we don't sleep as well," says Dr. Stephanie Faubion, the Society's medical director and director of the Mayo Clinic's Center for Women's Health.

Night sweats, anxiety or other mood issues, joint pain and weight gain, can all affect the quality of sleep, she says.

Poor sleep also has a circular effect. When you're tired, you're less likely to do things that support sleep, like eating nutritious foods, exercising and keeping a regular schedule.

"So your diet's crappier, you're not exercising regularly because you don't feel like it, and everything just kind of goes downhill.

"If you improve all that, and get momentum in the other direction, you're going to have less fatigue," Faubion says.

Wind down first.

Build a transition period between your day and bedtime. This might include watching a bit of a favorite show, taking a hot shower or writing a to-do list for the next day so your mind can relax.

Reset your body clock.

Synching with your body's circadian rhythm can nudge you back to better sleep. Morning sunlight, getting outdoors during the day, regular exercise and keeping a consistent schedule will help.

Be willing to adapt.

Energy levels fluctuate by the hour, and by the day. And as we age and our bodies change, our energy levels will also vary.

Accepting that, and being willing to do things differently, is a kindness to yourself, says Wagner. "It's starting to respect your body where it is."

Maybe you'll experiment with the time of day you exercise, pass on the glass of wine if it disrupts your sleep, or take some moments during the day to simply ... rest.

Sometimes it means being OK with not having the same energy you had the day before.

"It's asking yourself, *Where am I now*, and embracing that," she says.

Do you find that you have less energy these days? What do you do about it? Let us know in the comments below.



ABOUT THE AUTHOR

Kelle Walsh

FOLLOW

5 Followers

Kelle Walsh is a journalist based in Boulder, Colorado, who specializes in health and wellness-lifestyle topics. A former editor with Yoga Journal and Mindful magazines, she freelances as a content developer, writer and editor for print and online publications and brands.

Follow Article Topics: Health

FOLLOW

196 Followers

Conversation

FOLLOW

LOG IN | SIGN UP



Join the conversation

ALL COMMENTS 1

NEWEST ▾



ksos · 22 HRS AGO

All very good points! It has been worse since hitting 65 for me since my sleep quality is poor which affects everything. I am super active—working full time, dance rehearsals/classes, 5x per week lifting weights (gym or home) and sometimes it is difficult to get all that accomplished in a week when my energy flags (usually by Thursday afternoon). Watching what you eat (anti-inflammatory foods) is the best approach but I have added more caffeine into my days (not crazy amounts, just more than before age 60). But I won't stop so these tips are great to have! Thank you.

REPLY · # 3

Powered by viafoura

EDITOR'S PICKS



Relationships

Revealed! The Grooming Habits Women Hide From Their Partners



Relationships

Here's Exactly How To Use Lingerie To REALLY Spice Things Up!!



Health

How To Cope With Infertility



About Us Contact Us Weekly Newsletters FAQ View Community Join/Renew AARP Shop Site Map Topics



Because everyone needs a Girlfriend™ Sign up to receive our free email newsletter!

Subscribe