

The Menopause Doctor- Dr Louise Newson

<https://www.newsonhealth.co.uk/>

#### Website Articles

<https://www.runtothefinish.com/running-over-50/>

<https://www.runnersworld.com/women/a20856097/menopause-and-running-what-you-need-to-know/>

<https://www.womensrunning.co.uk/health/running-and-the-menopause/>

<https://www.outsideonline.com/health/training-performance/menopause-exercise-tips/>

<https://www.jennyhadfield.com/running-through-menopause/>

<https://www.takinglongwayhome.com/2019/05/9-things-no-one-tells-runners-about.html>

<https://www.midliferunning.com/running-through-the-menopause.html>

<https://runningmagazine.ca/health-nutrition/running-and-menopause-what-you-need-to-know/>

#### Podcasts

<https://livefeisty.com/hit-play-not-pause-a-feisty-menopause-podcast-breaking-down-the-science-with-dr-stacy-sims-episode-1/>

<https://anchor.fm/fitcookienutrition/episodes/Running-Through-Menopause-with-Dr--Stacy-Sims-ercam4>