

Estrogen vs Exercise

	Estrogen	Moderate Exercise	Decreased estrogen	Low Exercise
Muscle and Strength	Increase muscle size and strength	Increase muscle size and strength	Decrease muscle size and strength (sarcopenia)	Decrease muscle size and strength (sarcopenia)
Mitochondrial Function (Number and energy yield)	Increase	Increase	Decrease	Decrease
Central Adipose/ BMI	Decrease	Decrease	Increase	Increase
Bone	Increase Bone density and strength	Increase Bone density and strength	Decreases bone density and strength (osteopenia)	Decreases bone density and strength (osteopenia)
Systemic Inflammation	Anti- inflammatory	Anti- inflammatory	Pro- inflammation	Pro- inflammation
Chronic Stress (mental)		Reduce		Increase
Healthy glucose and lipid regulation (Metabolic regulation and health)	Increase	Increase	Decrease	Decrease