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Hier sollte eine Beschreibung angezeigt werden, diese Seite l st dies jedoch nicht zu.

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### **Menopause Belly: What Causes It and How to Fix It - Aaptiv**

For many postmenopausal women, one of the most vexing changes is a shift in body fat storage to the front and sides of their abdomen. This phenomenon, also known as menopause belly, is a result of shifting hormones, as well as changes in exercise and diet.

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