

Exercise & Menopause — Key Takeaways

Adapted from the British Menopause Society & Women's Health Concern (2023)

Why Exercise Matters

- Regular exercise supports mind, body, and emotional well-being through the menopause transition.
- It helps with weight management, sleep, mood, digestion, and even joint and muscle comfort.
- Staying active reduces long-term health risks like heart disease, osteoporosis, and loss of muscle mass.

The Three Pillars of Menopause Exercise

1. Strength Training — Builds and maintains muscle mass, boosts metabolism, and offsets oestrogen-related muscle loss. Focus on major muscle groups with exercises such as squats, push-ups, abdominal curls, and bicep curls.
2. Steps & Walking — Accessible, weight-bearing exercise that supports bone and heart health. Even two 15-minute walks daily can make a difference.
3. Restorative Exercise — Yoga, Pilates, and gentle stretching aid flexibility, recovery, and stress relief.

Health Benefits of Regular Movement

- Boosts metabolism and supports a healthy weight.
- Improves bone density and reduces fracture risk.
- Protects heart health by lowering blood pressure and resting heart rate.
- Supports mental clarity, emotional balance, and quality sleep.
- Encourages better digestion and muscle comfort. **Getting Started**
- Start small — a 15-minute walk or short workout and build up gradually.
- Find your 'why' — motivation keeps you consistent.
- Try new activities like dancing, swimming, or cycling.
- Celebrate small wins — consistency is success.
- Seek pelvic floor physiotherapy if needed.

Useful Resources

- NHS — Benefits of Exercise: www.nhs.uk/live-well/exercise/exercise-health-benefits/
- NHS — Couch to 5K: www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/
- British Heart Foundation: www.bhf.org.uk
- Women's Health Concern: www.womens-health-concern.org