



Fit for Change: Using Physical Activity as a Menopause Management Tool

Common menopause symptoms



**HOT
FLASHES**



**POOR
SLEEP**



FATIGUE



**NIGHT
SWEATS**



BRAIN FOG



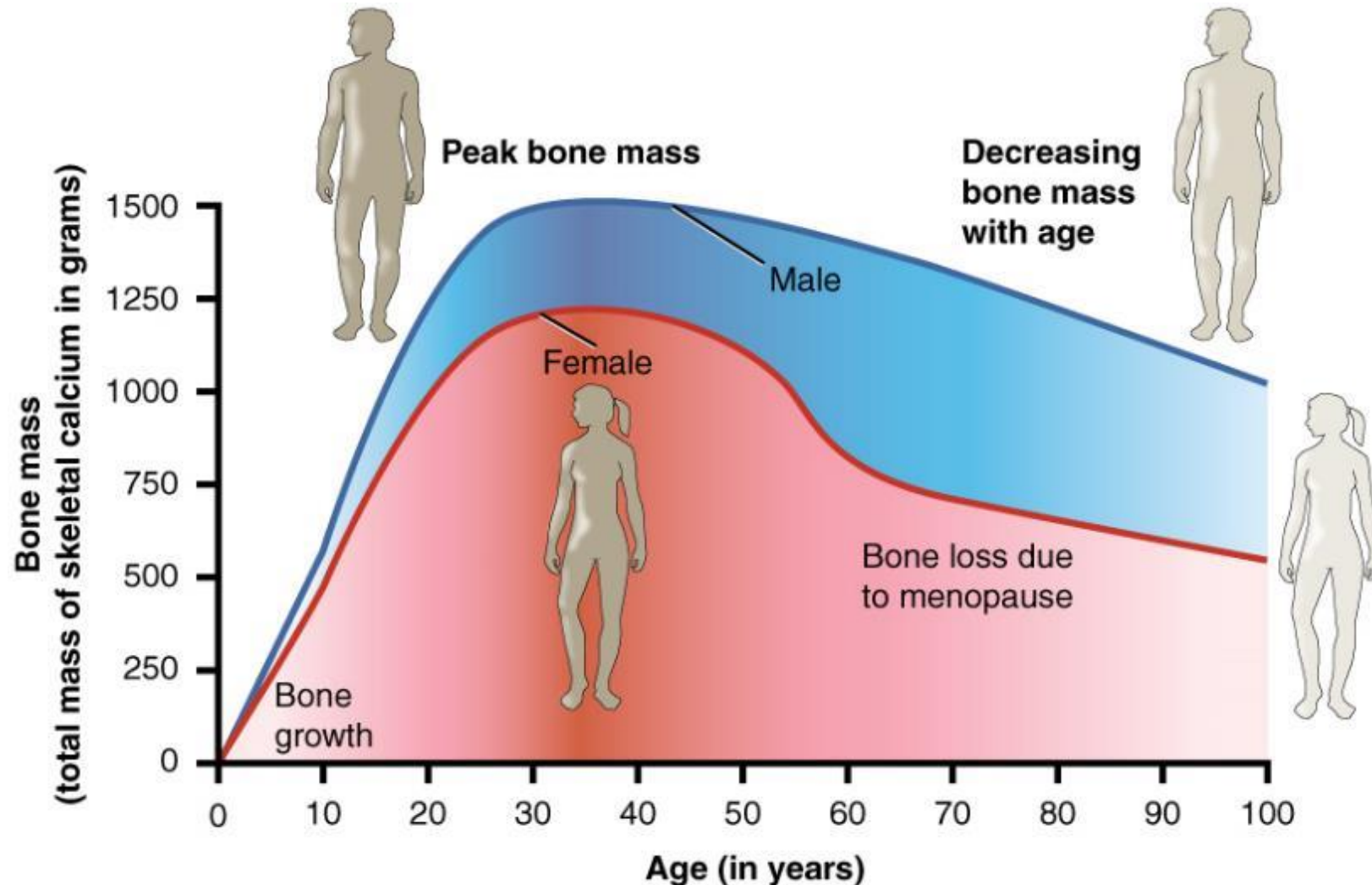
LOW MOOD

Why it matters

- **8-10 women** experience menopause symptoms
- Symptoms can impact **quantity and quality** of life
- Around a third of women **drop off** from **physical activity** during menopause



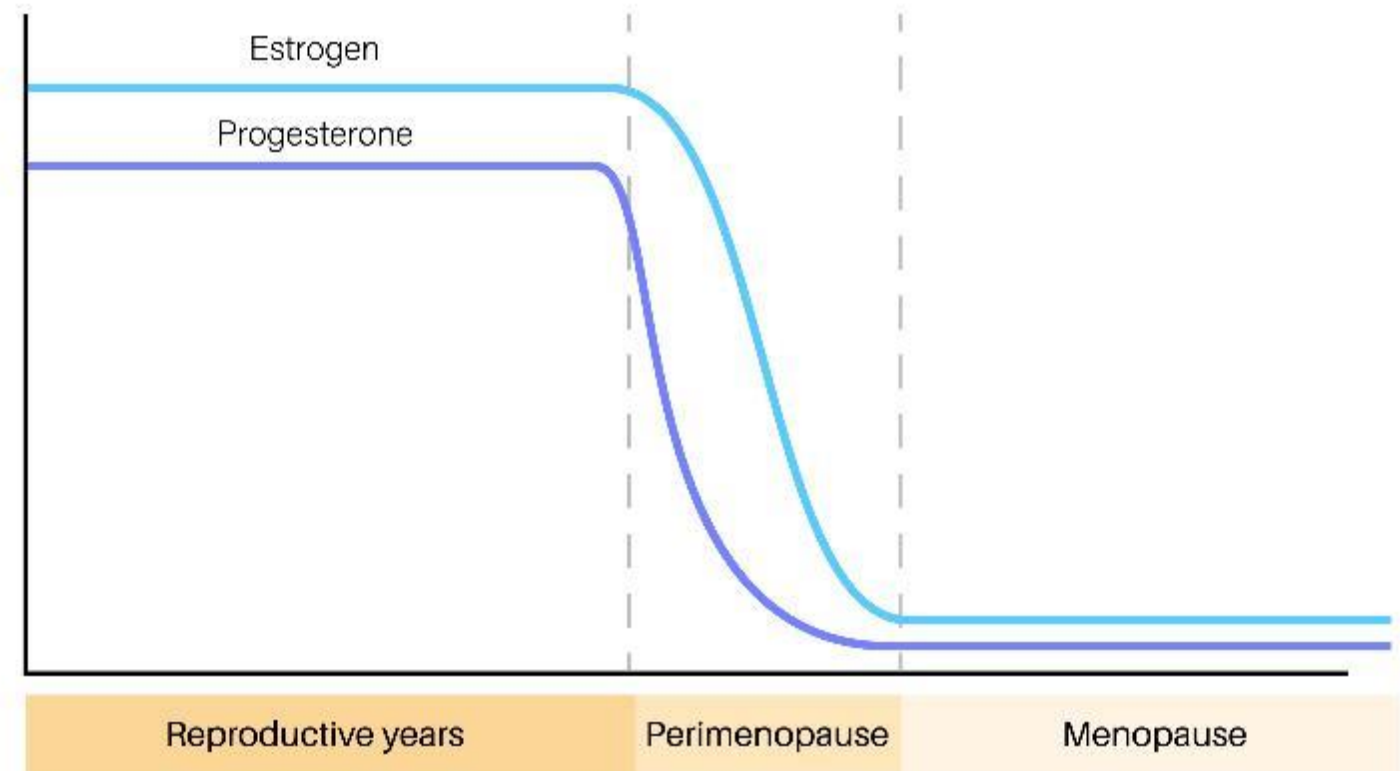
Bone mass for men and women



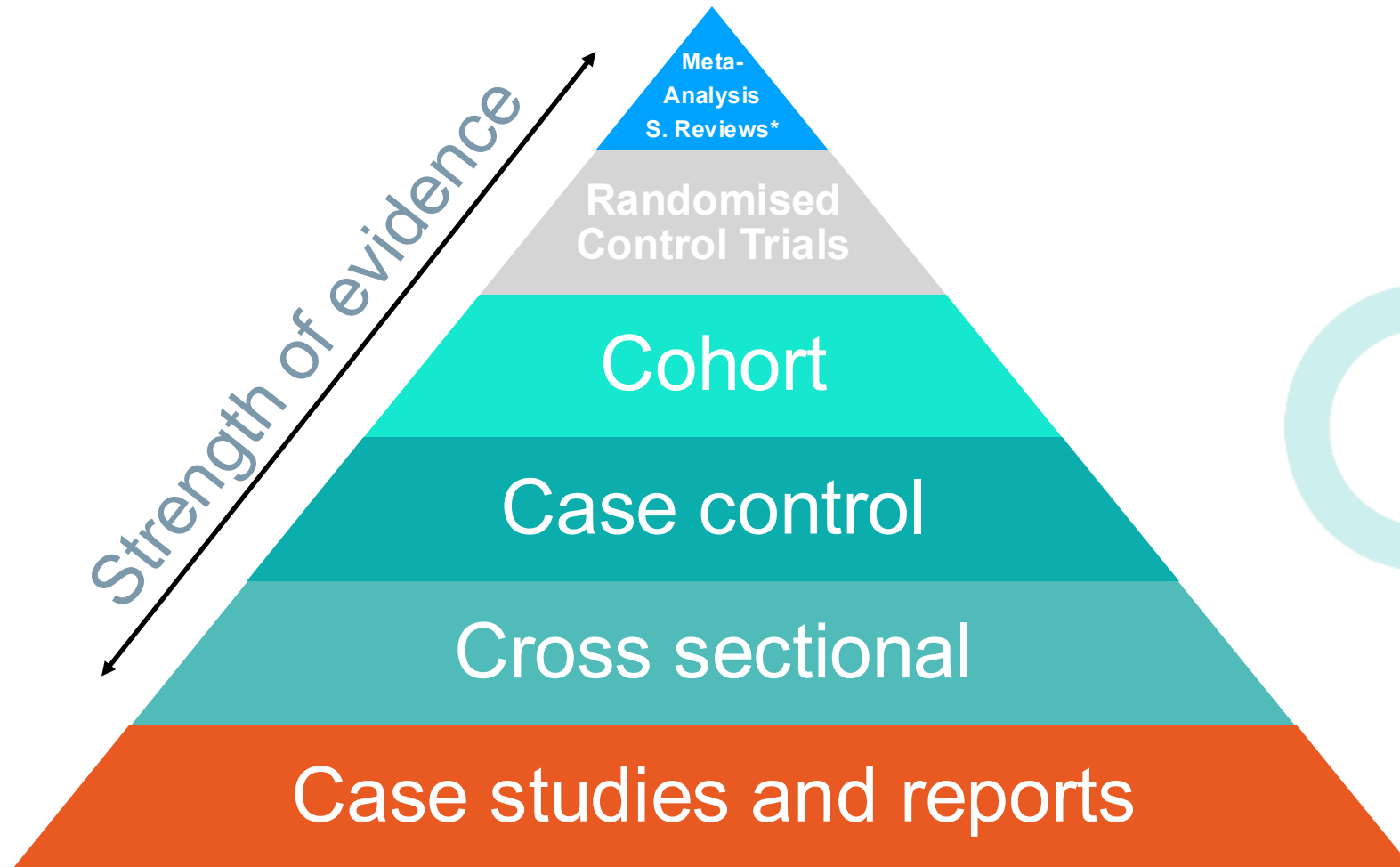
Effects of sex hormone decline

- ↓ Muscle mass
- ↓ Bone mass
- ↓ Functional capacity
- ↑ Sarcopenia
- ↑ Osteopenia
- ↑ Osteoporosis

Female Hormone Lifecycle







Not all research is created equal



* Systematic review

Physical activity impact

Study	Physical Activity	Duration	Evidence Type	Effect	Sample size
Impact on sleep	Walking, yoga (Low intensity)	≤3 months or >3 months	Systematic review and meta-analysis		2,463 participants
Impact on mood	Low to moderate	3 weeks – 52 weeks	Systematic review and meta-analysis		1,675 participants
Impact on VMS + Others	Resistance Training	15 Weeks	Randomised Control Trail		65 participants
Impact on Muscle + Strength	Resistance Training	12 Weeks	Randomised Control Trail		72 participants

Strength exercise impact



19% increase in hip function and lower body strength

21% increase in full-body flexibility

10% increase in dynamic balance, mobility, and stability

Increase in lean muscle without increasing total body mass



Can you move at a pace?



Walk



Run



Cycle



Swim

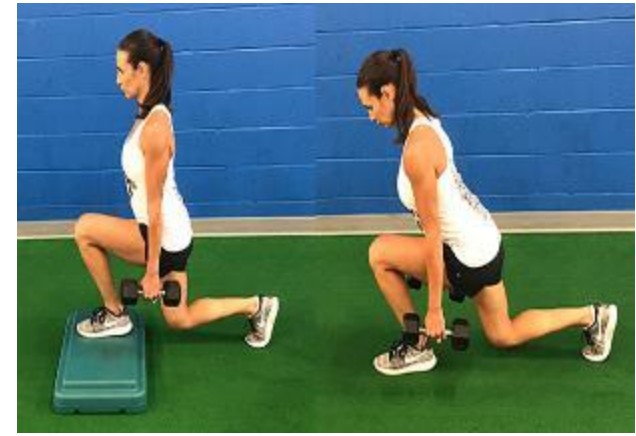
Can you do these patterns?



Squat



Hinge



Lunge



Push



Pull



Carry

Important metrics to track

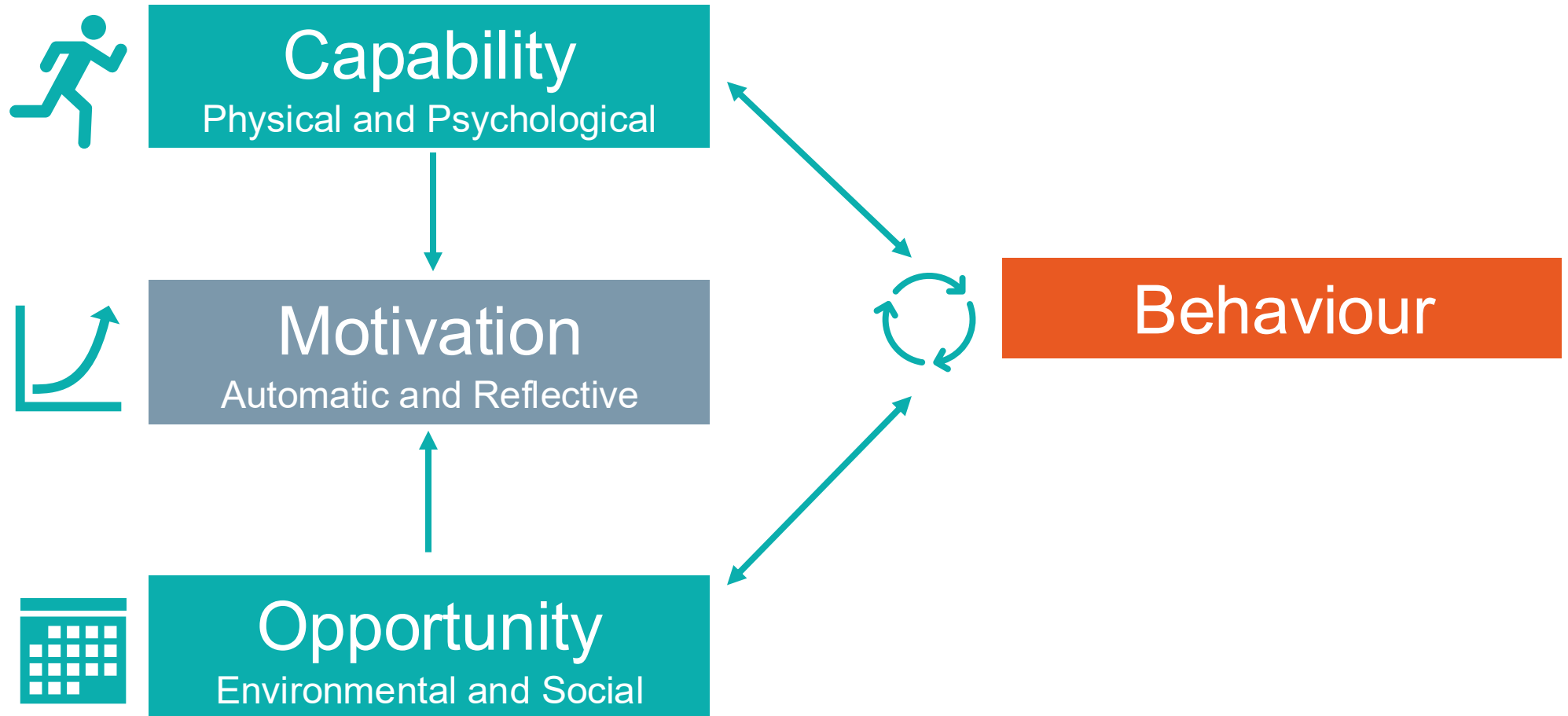
Hand dynamometer



Vo2 Max



Behaviour change > Intentions

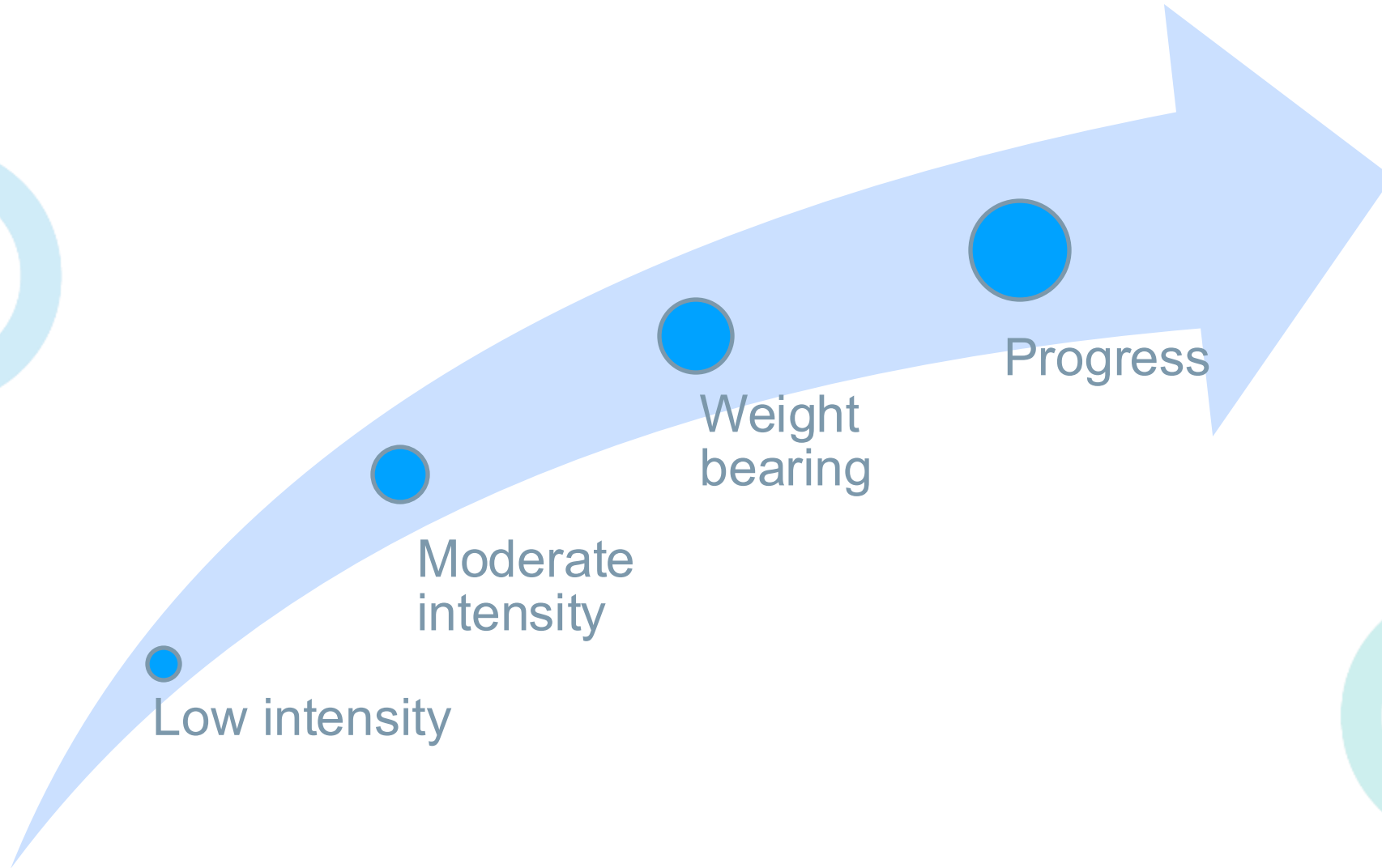


Practical application



Exercise type	Benefits	Frequency	Examples
Low to Moderate Aerobic	Heart health, mood, sleep, hot flashes	150 mins	Brisk walking, cycling, swimming, dancing, low-impact aerobics
Strength training	Muscle/bone loss prevention, metabolism	2-3 times/week, 2-3 sets, 2 reps within failure	Squat, hinge, push, pull, lunge, carry
Mobility	Balance, flexibility, fall prevention	2-3 times/week	Yoga, Pilates, stretching
Movement stacking	Throughout the day	Wherever possible	Calf raises while brushing teeth, walking meetings etc.

Sample activity journey path



Symptom and Activity Tracker



None	Mild	Moderate	Severe
0	1	2	3

WEEK 1

Symptom	Mon	Tues	Wed	Thur	Fri	Sat	Sun	PA ✓ / ✗	PA Int	PA Time	PA Type
E.g. Brain Fog	0	1	2	0	1	0	0	✓	Low	30m	Walk

TOTAL SCORE _____

Menopause support impacts



44% - Improved Wellbeing



33% - Increased performance



32% - Attendance improved



What's your story now?



For you	For your organisation
What does my menopause support toolbox look like for me?	What does your organisations menopause support toolbox look like at my organisation?
Could physical activity be utilised more in my day to day?	Could physical activity be utilised more in your organisation's day to day?
Is there more action needed from me?	Is there more action needed from your organisation?

June's story



Menopause 360
Consultancy

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