

PHYSICAL ACTIVITY FOR WOMEN DURING PERIMENOPAUSE AND MENOPAUSE

LET'S
GET
MOVING

HOW MUCH PHYSICAL ACTIVITY SHOULD MENOPAUSAL WOMEN BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance exercise on 2 days a week.

6 key benefits of moving more:



Improves heart health



Helps to maintain a healthy weight



Me time! Great for your mental wellbeing



Increases strength of bones and muscles



Improves sleep



Reduces severity and frequency of hot flashes

DO WHAT'S RIGHT FOR YOU

3 top tips

1

Sitting less

Try to avoid long periods of inactivity

2

Moving more

Remember, every movement counts

3

Doing what you enjoy

Find something that makes you happy

GO! Turn over for activity ideas

EVERY MOVEMENT COUNTS

Build physical activity into
your daily routine...

FOR COMMON SYMPTOMS SUCH AS...

- Hot flushes
- Difficulty sleeping
- Muscle and joint pain
- Pelvic floor dysfunction
- Mood changes - mood swings, depression and anxiety

TRY THESE

Gentle stretches and
exercises at your desk



Pelvic floor
exercises



Go on a
family walk

Ensure correct desk
and seat height



Yoga or pilates

Wear layers to regulate
your temperature

GREAT FOR OUT AND ABOUT

Take the stairs



Use a local
outdoor gym



Join a
menopause
activity group

Carry and
unload
the shopping



[active-together.org/
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