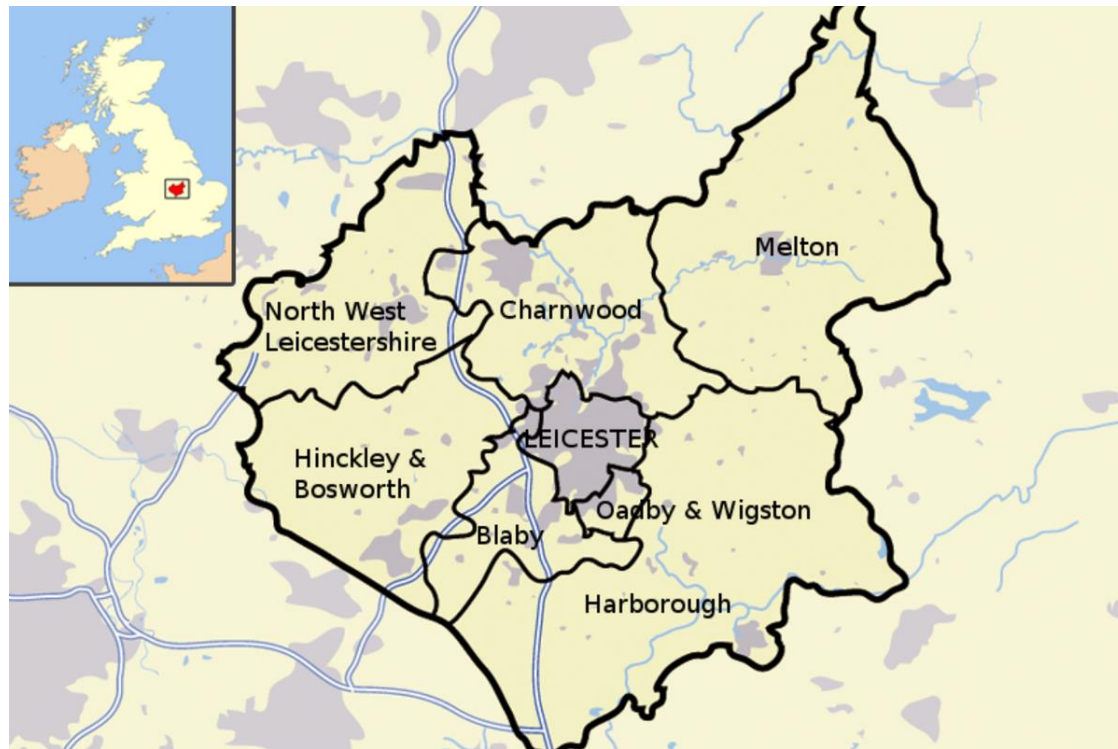


Active Menopause

Emma Knight
North West Leicestershire District Council



North West Leicestershire



LET'S GET MOVING

Local Context

Active Together -
Active
Partnership

District and
Borough Physical
Activity Network

GP Federation

Everyone Active

Me Myself and
Menopause

LET'S GET MOVING

Why Menopause?

- Women of peri-menopausal/menopausal age are less likely to be active
- Inactivity increases health risks
- Physical Activity provides benefit and symptom management
- 'hot' topic
- It affects almost everyone

www.active-together.org/activemenopause

Residents Survey

- 80% of respondents were female aged 45–64
- 57% are not meeting CMO guidelines
- 30% are managing one or more physical and/or mental health conditions
- Main barriers to increasing physical activity are: confidence; weight; cost; health conditions and lack of local opportunities

LET'S GET MOVING

Symptom Management

Symptom	Type of physical activity	Outcome	How strong is this evidence?
Sleep	Aerobic exercise, yoga, walking or stretching	Improves sleep quality (4)	Grade A - Strong
Mood	Most physical activities	Reduces depression and anxiety symptoms (5)	Grade A - Strong
Joint pain	Aerobic exercise, strength and resistance exercise and daily stretching	Reduces joint pain (6)	Grade B - Moderate
Hot flushes	Aerobic exercise	May reduce severity and frequency of episodes (7)	Grade B - Moderate
Bladder and gynaecological symptoms	Regular pelvic floor training	Reduces bladder and gynaecological symptoms including prolapse and urinary incontinence (8)	Grade A - Strong
Sexual dysfunction	Pelvic floor exercise training, aerobic and resistance exercise	Improves sexual function and sexual satisfaction and may reduce vaginal dryness (8)	Grade B - Moderate
Weight gain	Aerobic and resistance exercise	Can preserve muscle mass and limit weight gain alongside diet (3)	Grade A - Strong

LET'S GET MOVING

Types of activity

- Aerobic
- Strength
- Impact Exercise
- Functional Exercise
- Flexibility and Balance
- Pelvic Floor



LET'S GET MOVING

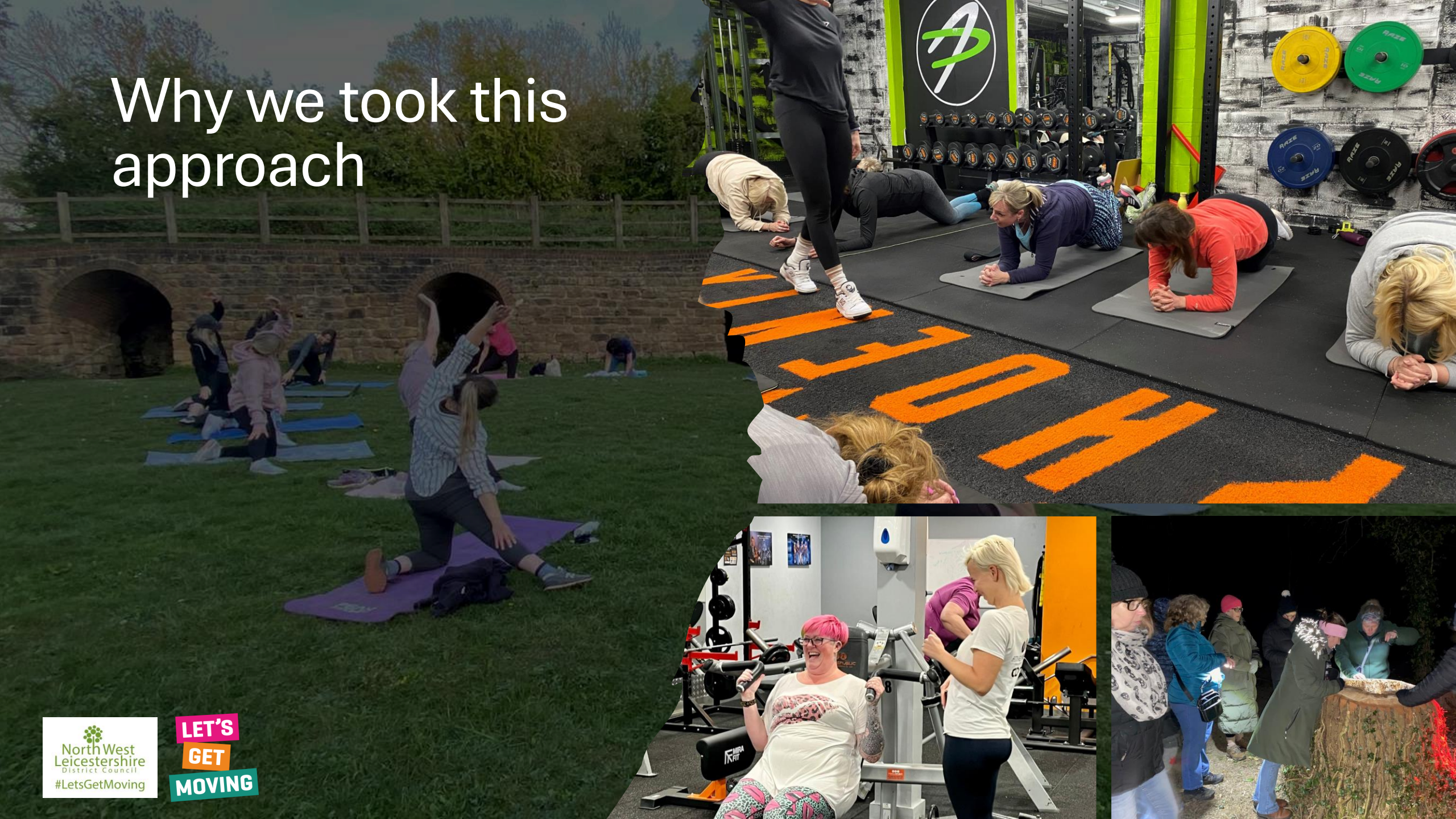
How it started



LET'S GET MOVING

Session	Topic / Venue	Day /Time/Date	Deliverer
1	Mindfulness & Meditation	Monday 6-7:30pm 15/09/25	Wild Minds
2	Bushcraft & Birds	Tuesday 6-7.30pm 23/09/20	Hawkwise Falconry
3	Menopause Roadshow	Wednesday 6.30-9pm 01/10/25	Me,Myself & Menopause & NWL
4	Elemental Woman	Monday 6-7.30pm 06/10/25	Wild Minds
5	Forest Bathing	Monday 6-7.30pm 13/10/25	Wild Minds
6	Clinical Pharmacist Q&A	Tuesday 6-8pm 28/10/25	NWL GP Federation
7	CardioFit	Thursday 6-8pm 13/11/25	Nat Pullen
8	Writing (Journalling) for Wellness	Wednesday 6-7.30pm 19/11/25	Dr Helen Foster
9	Menopause & Sleep	Wednesday 6-7.30pm 26/11/25	Sleep Solutions
10	Christmas Cardio	Thursday 6-7.30pm 11/12/25	Blanka Harvey

Why we took this approach



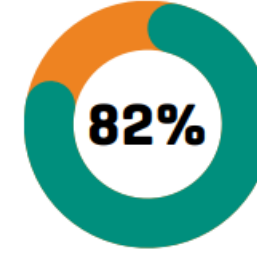
Impact & Learning



rated the
programme
5/5.



are more
physically
active since
completing the
programme.



enjoyed taking
part in a local
community
event.



greater
understanding
of how to
improve their
wellbeing.



now know
who to
contact if they
need further
advice.



greater
understanding
of their
clinical
options.

LET'S GET MOVING

Impact and Learning

"Very informative, with a group of like-minded women. Can be honest about symptoms without judgement." Maxine M



"I enjoyed seeing how strength training can be fun as well as beneficial." F Jones



"The exercises that you can do at home are easy to practice on your bed. I have already done the suggested exercises this morning and will be enquiring about strength training. This has given me the confidence and belief that I can improve my overall health and get back into fitness!" M. Clark

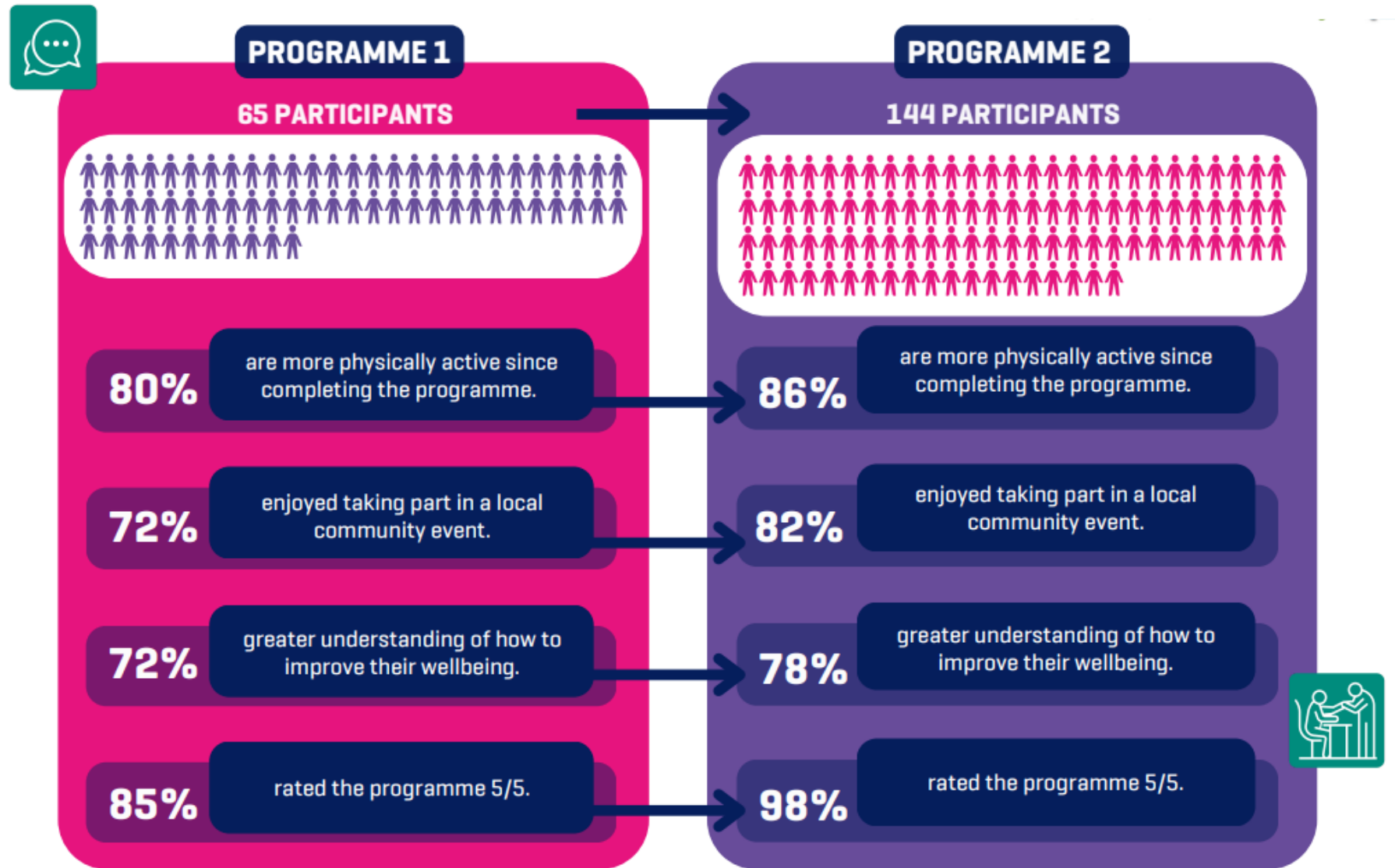


"Enjoyed being outside and the guided meditation. Would love to do more of these." Michelle V



LET'S GET MOVING

Impact & Learning



LET'S GET MOVING

Impact and learning

Challenges

- Ensuring that the ladies who book on turn up.
- Ensuring evaluation data is returned to help shape Programme 4 most effectively.
- The weather impacted some events due to darker evenings and colder nights

Key Takeaways

Clinical Support

Variety of Activities

Sustainable exit routes

Social aspect

Relatable coordinator

Shout about it

Relationships and collaborative approach

LET'S GET MOVING