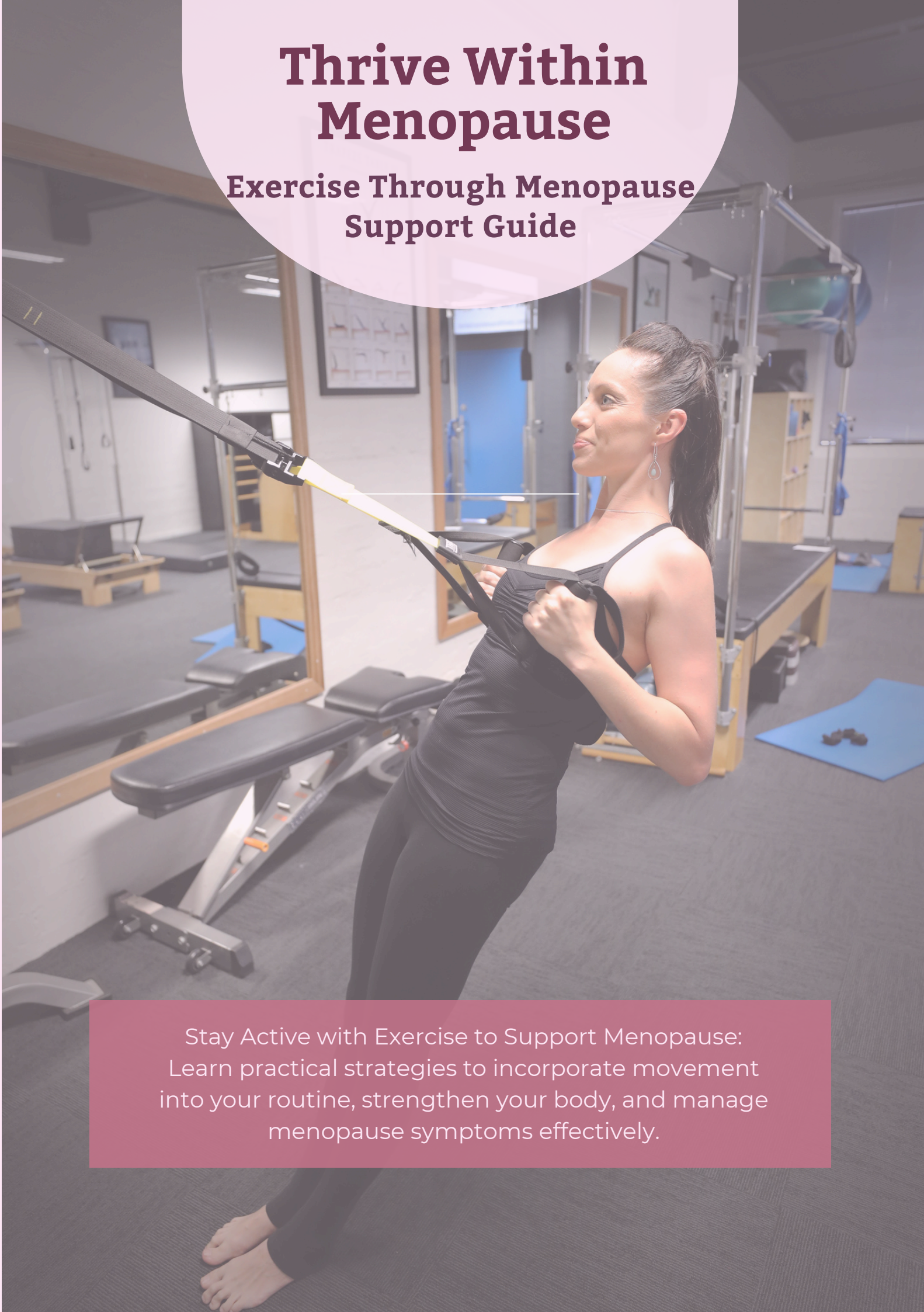
Thrive Within Menopause

Exercise Through Menopause Support Guide



Stay Active with Exercise to Support Menopause: Learn practical strategies to incorporate movement into your routine, strengthen your body, and manage menopause symptoms effectively.



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01

Introduction

Learn how exercise supports overall health during menopause.

The Importance of Staying Active During Menopause

As you transition through menopause, staying active becomes more important than ever for supporting your overall health and well-being. Regular exercise not only helps manage common menopause symptoms like weight gain, fatigue, and hot flushes, but it also strengthens your heart, muscles, and bones. Engaging in physical activity can boost your mood, improve sleep quality, and provide a sense of control and empowerment during this life stage.

Menopause brings changes to your body that can feel challenging, such as a slowing metabolism, decreased muscle mass, and shifts in hormone levels. However, the right exercise routine can help counteract these effects, promoting a healthier, more vibrant life. Whether you're new to exercise or already lead an active lifestyle, this guide will provide practical tips to help you create a sustainable and enjoyable fitness routine that works for you.

Why Exercise Matters During Menopause

Exercise supports your body in multiple ways during menopause. It strengthens the heart, supports bone health, improves flexibility and boosts mental well-being. Staying active is one of the most effective tools for maintaining a strong, healthy body during this time of change.

Improving heart health: Regular cardio can reduce the risk of heart disease, which becomes more important as estrogen levels decline.

Strengthening bones: Weight-bearing exercises support bone density, helping to prevent osteoporosis.

Managing weight: Physical activity helps balance metabolism, making it easier to manage weight gain.

Boosting mood: Exercise releases endorphins, which can ease stress, anxiety and mood swings.



Just 30 minutes of moderate exercise, like walking or swimming, five times a week can significantly reduce menopause symptoms, boost energy, and improve overall well-being.

Getting Started with an Active Lifestyle

Starting or maintaining an active lifestyle during menopause doesn't mean you need to spend hours at the gym. Small, consistent changes can make a big impact. Whether it's a daily walk, stretching routine, or strength training, the key is finding activities that you enjoy and can stick with over time.

This guide will introduce a range of exercises, from cardio and strength training to flexibility and balance exercises, all designed to support your physical and emotional well-being during menopause. You'll also learn tips for managing common menopause symptoms through exercise and how to create a routine that fits your lifestyle.

Let this guide be your companion on your journey to staying active, supporting your body, and enhancing your quality of life through menopause.

02

Cardiovascular Health and Menopause

Discover how aerobic exercises support heart health and mood.

Cardiovascular Health and Menopause

As you go through menopause, maintaining cardiovascular health becomes even more important. The decline in estrogen levels during menopause can increase the risk of heart disease, which is why regular aerobic exercise is key to keeping your heart healthy. Cardiovascular exercises, also known as aerobic exercises, strengthen the heart, improve circulation and help manage weight, all crucial factors in maintaining overall health during this life stage.



Benefits of Cardiovascular Exercise

Cardio exercises such as walking, cycling, swimming, or dancing are not only great for your heart but also for managing many common menopause symptoms. Regular aerobic activity can help control weight, boost energy, and improve mood by releasing endorphins. Staying active is also a great way to reduce stress and anxiety, both of which can be heightened during menopause.

Heart health: Cardiovascular exercise strengthens the heart and improves blood circulation, reducing the risk of heart disease, which becomes more common as estrogen levels decrease.

Weight management: Cardio burns calories and supports metabolism, making it easier to manage weight gain during menopause.

Mood improvement: Regular exercise can lift your mood and help manage menopause-related anxiety or mood swings.

Better sleep: Cardio exercises can improve sleep quality, which is often disrupted during menopause due to night sweats or insomnia.

Types of Cardiovascular Exercise

You don't have to engage in high-intensity workouts to reap the benefits of cardio. The key is consistency, finding activities you enjoy and doing them regularly. Here are some examples of effective cardiovascular exercises during menopause:

1



Walking

Walking is a simple way to improve cardiovascular health. It's gentle on the joints, boosts energy and fits easily into daily routines. Regular walking helps improve circulation and manage weight during menopause.

2



Swimming

Swimming offers a full-body workout that strengthens the heart and is easy on the joints. This low-impact exercise improves endurance without stressing the body, making it ideal for staying active during menopause.

3



Cycling

Whether indoors or outdoors, cycling improves cardiovascular health and builds endurance. It's low-impact and adjustable to your fitness level, supporting heart health while helping manage weight and energy.

4



Dancing

Dancing boosts heart health while reducing stress and anxiety. It provides a full-body workout that lifts your mood and raises your heart rate. It's a fun way to stay active and manage menopause symptoms.

Getting Started with Cardio

You don't need to start with long or intense workouts to see results. Even small steps, like adding a 20-minute walk to your daily routine, can make a big difference over time. The goal is to gradually build up your stamina and find activities that you enjoy.

Start Small
Begin with short sessions, 10-15 minutes a day and slowly increase the duration as your fitness improves.

Set Realistic Goals
Aim for at least 150 minutes of moderate cardio per week, which can be broken into shorter sessions.

Stay Consistent
Find activities you enjoy and stick with them. Whether it's walking with a friend or taking a dance class, consistency is key.

Wrapping Up: Keeping Your Heart Healthy

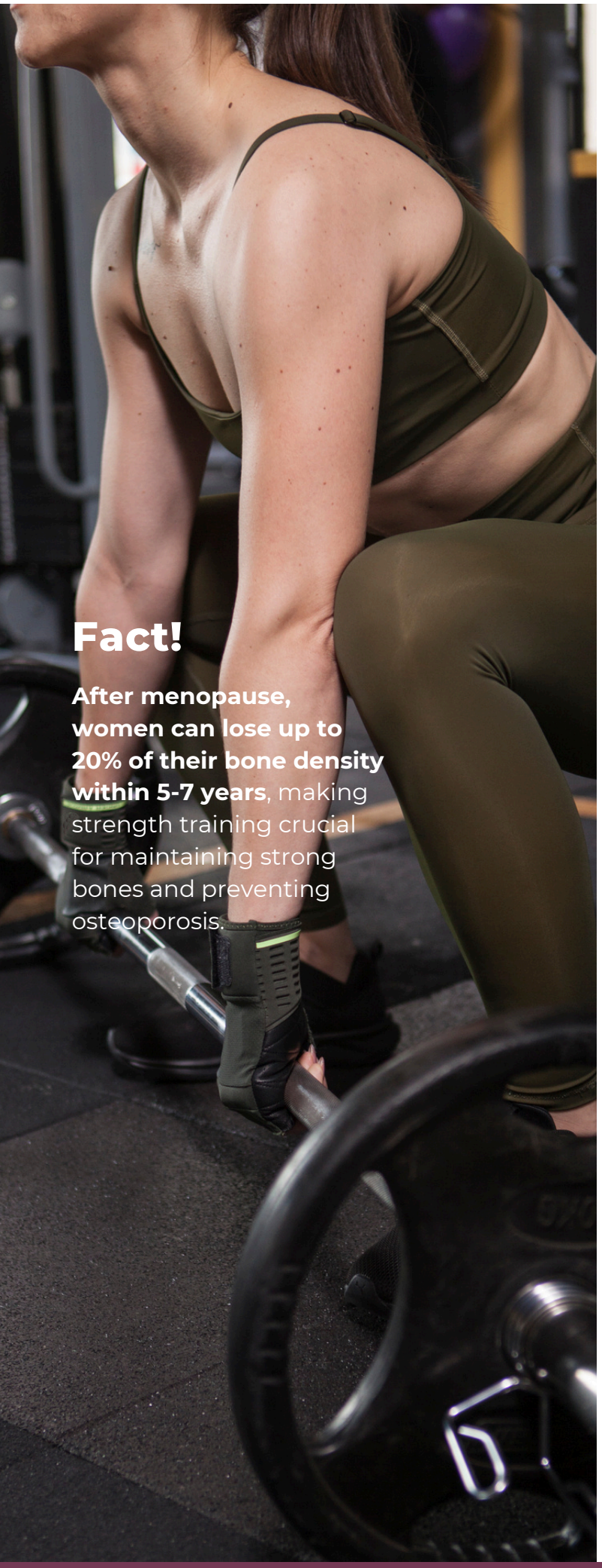
Regular cardiovascular exercise during menopause is one of the most effective ways to protect your heart and improve overall well-being. By engaging in activities that get your heart rate up, you'll not only reduce your risk of heart disease but also manage other menopause symptoms like weight gain, mood swings and sleep issues. Remember, the key is to find exercises that you enjoy and make them a regular part of your routine.



03

Strength Training for Bone and Muscle Health

Explore the benefits of strength training for bones and metabolism.



Fact!

After menopause, women can lose up to 20% of their bone density within 5-7 years, making strength training crucial for maintaining strong bones and preventing osteoporosis.

Strength Training for Bone and Muscle Health

As you transition through menopause, strength training becomes an essential part of your exercise routine. Menopause often brings a natural decline in bone density and muscle mass due to reduced estrogen levels, increasing the risk of osteoporosis and frailty. Strength training not only helps maintain muscle and bone health, but it also boosts your metabolism, helping you manage weight more effectively.

Incorporating strength training into your routine is one of the best ways to counteract the physical changes that menopause brings. It supports overall body strength, stability, and mobility, ensuring that you remain active and healthy for years to come.

Why Strength Training Matters

Strength training is particularly beneficial during menopause for a number of reasons. Regular weight-bearing exercises can slow down bone density loss and preserve muscle mass, which is crucial for maintaining balance and preventing falls as you age.

Bone Health

Strength training puts healthy stress on bones, which helps maintain or increase bone density, significantly reducing the risk of osteoporosis.

Muscle Mass

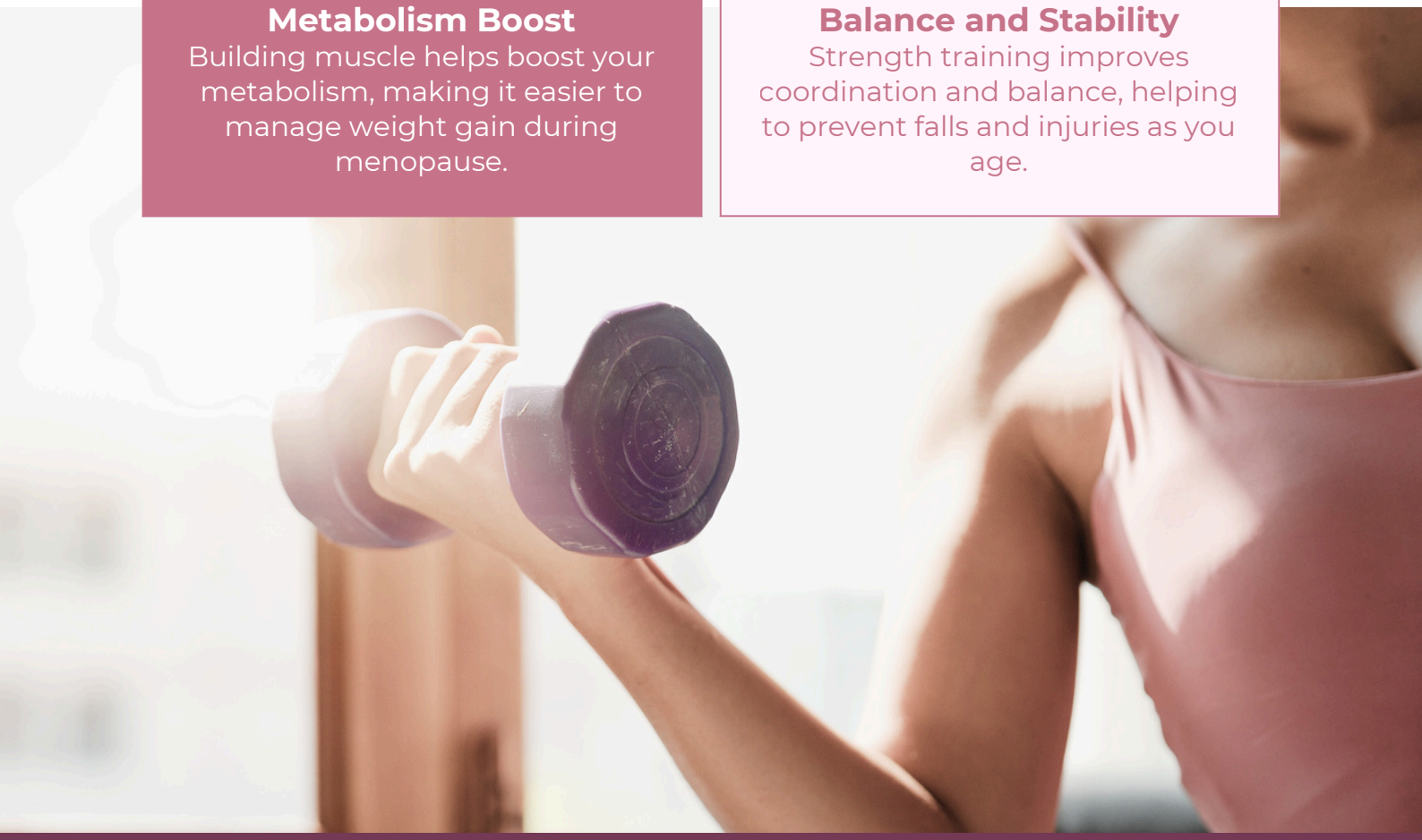
As muscle mass naturally declines with age, strength training helps preserve muscle, promoting overall strength and preventing weakness.

Metabolism Boost

Building muscle helps boost your metabolism, making it easier to manage weight gain during menopause.

Balance and Stability

Strength training improves coordination and balance, helping to prevent falls and injuries as you age.



Types of Strength Training Exercises

You don't need heavy weights to benefit from strength training. There are many ways to incorporate muscle-strengthening exercises into your routine, ranging from using your body weight to incorporating resistance bands or light weights.



Bodyweight exercises

These include squats, lunges, and push-ups, which use your own body weight to build muscle strength and endurance. These exercises are effective for increasing muscle tone and can be done anywhere, making them ideal for home workouts.



Resistance bands

Lightweight and portable, resistance bands provide added resistance to strengthen muscles without needing heavy weights. They are versatile and can be used to target different muscle groups, making them a great option for full-body workouts.



Dumbbells or kettlebells

Using light weights like dumbbells or kettlebells helps increase muscle mass and improve bone density with minimal equipment. These weights can be easily adjusted to suit your fitness level, allowing you to progress at your own pace.



Machines or cables

If you prefer gym workouts, machines can help target specific muscle groups while providing support and proper alignment for safe lifting. They offer stability and control, making them ideal for those who are new to strength training or recovering from injury.

Getting Started with Strength Training

Strength training doesn't need to be complicated or time-consuming. A few targeted exercises performed regularly can provide significant benefits. The key is to start small and gradually increase the intensity as your strength improves.

Start Light
Begin with lighter weights or bodyweight movement exercises to avoid injury. Focus on proper form and gradually increase resistance as you build strength.

Consistency Matters
Aim to include strength training exercises two to three times a week consistently to see long-term and noticeable benefits.

Incorporate Variety
Target different muscle groups to ensure balanced strength development. For example, alternate between exercises that focus on your upper body, core and legs.



Wrapping Up:
Supporting Your Bones and Muscles

Strength training is one of the most effective ways to protect your bones, preserve muscle mass, and boost your metabolism during menopause. By incorporating weight-bearing exercises into your routine, you can manage the physical changes that come with menopause and stay active, strong, and independent. Start small, build consistency, and focus on exercises that you enjoy to create a sustainable and effective strength training routine.

04

Flexibility and Balance: Preventing Injury

Learn how flexibility and balance exercises reduce injury risk.

Flexibility and Balance: Preventing Injury

As you progress through menopause, maintaining flexibility and balance becomes increasingly important. Hormonal changes during menopause can affect joint health and muscle elasticity, which can lead to stiffness, discomfort, and a higher risk of falls or injuries. By incorporating flexibility and balance exercises into your routine, you can improve mobility, reduce discomfort and lower the chances of injury, allowing you to stay active and independent.

Both flexibility and balance exercises are vital for supporting overall body strength and stability. They not only help prevent falls but also enhance your ability to perform everyday activities with ease and confidence.



Flexibility Tip:

Incorporate gentle stretching into your warm-up or cool-down routine to improve flexibility and prevent injuries. **This helps your muscles stay limber and reduces the risk of strains during exercise.**

Why Flexibility and Balance Matter

Maintaining flexibility and balance is crucial during menopause, as reduced estrogen levels can impact joint health and coordination. Engaging in these exercises regularly can help improve posture, prevent injuries, and make it easier to manage daily tasks.

Joint health: Stretching and flexibility exercises help keep your joints lubricated and mobile, reducing stiffness and discomfort.

Balance improvement: Balance exercises strengthen muscles that stabilize your body, helping prevent falls and injuries.

Injury prevention: Improving flexibility and balance enhances your ability to move freely, making it easier to avoid injuries, especially during physical activities.

Better posture: Flexibility exercises help improve posture by loosening tight muscles and supporting the alignment of your spine.



Types of Flexibility and Balance Exercises

Incorporating these exercises into your routine can be easy and enjoyable. Many flexibility and balance exercises are low-impact and can be adapted to any fitness level. Here are some effective exercises to help maintain flexibility and balance during menopause:



Yoga

Yoga combines stretching and balance postures to improve flexibility, strengthen core muscles and promote relaxation. It's a gentle way to enhance physical and mental well-being, easing joint stiffness and improving posture for women in menopause.



Stretching

Simple stretches like hamstring or calf stretches increase range of motion, improve muscle elasticity and support joint mobility. Regular stretching helps reduce discomfort, keeping your muscles flexible and ready for everyday activities.



Tai Chi

Tai Chi involves slow, flowing movements that improve balance, coordination and muscle control. It's particularly useful for enhancing stability and reducing the risk of falls, while promoting calm and physical coordination.

Getting Started with Flexibility and Balance

You don't need to dedicate long hours to these exercises. A few simple stretches or balance exercises added to your daily routine can yield great benefits. Here's how you can start:

Start Slow
Begin with simple stretches and balance exercises for 5-10 minutes a day. Gradually increase the duration as your flexibility improves.

Incorporate Daily
You can easily fit these exercises into your daily routine; try balancing on one leg while brushing your teeth or stretching during TV breaks.

Consistency is Key
Aim for at least 2-3 days per week to practice flexibility and balance exercises to see noticeable improvements over time and maintain overall mobility.

Wrapping Up: Enhancing Mobility and Preventing Injury

Flexibility and balance exercises are essential for supporting your body's overall strength, stability and mobility during menopause. By maintaining a regular routine, you can reduce stiffness, improve coordination and prevent injuries, allowing you to move with ease and confidence. The more you focus on improving these areas, the better equipped you'll be to handle both physical activities and daily tasks with grace and comfort.



05

Managing Weight and Boosting Energy

Understand how exercise supports weight management and energy.

Managing Weight and Boosting Energy

During menopause, changes in hormone levels can slow metabolism and lead to weight gain, particularly around the abdomen. These shifts can also cause fatigue, making it harder to maintain the energy needed for daily activities. Incorporating regular exercise into your routine can help manage these changes by supporting weight loss or maintenance and boosting your energy levels. A balanced combination of aerobic exercises, strength training and mindful movement can play a critical role in keeping your body healthy and energized.

Staying physically active is one of the most effective ways to counteract the metabolic slowdowns and reduced energy levels that often come with menopause. Not only does exercise help burn calories, but it also promotes better sleep and enhances mood, making it easier to stay motivated and focused.



Fact!

Women can experience a natural decrease in metabolism of about 2% per decade after age 30, making regular exercise essential for managing weight during menopause.

Why Exercise Helps Manage Weight During Menopause

Exercise during menopause is essential for managing weight because it helps increase your metabolism, builds muscle and promotes fat burning. As your metabolism naturally slows down, maintaining a regular workout routine becomes even more important to prevent excess weight gain and reduce fat accumulation.



Boosts metabolism: Strength training and aerobic exercises work together to rev up your metabolism, helping you burn more calories even when at rest.

Builds lean muscle: Strength training helps maintain and build muscle mass, which naturally declines during menopause. More muscle means a faster metabolism and better fat burning.



Supports fat loss: Exercise helps burn calories and supports fat loss, especially in areas like the abdomen where weight gain is common during menopause.

Improves insulin sensitivity: Regular physical activity helps your body use insulin more efficiently, which helps regulate blood sugar levels and prevents fat storage.

Exercises for Managing Weight and Boosting Energy

A well-rounded exercise routine that includes a mix of aerobic, strength and flexibility exercises can effectively manage weight and increase energy levels. Below are some specific types of exercises that work well for managing weight and boosting energy during menopause:



High-Intensity Interval Training (HIIT): Short bursts of intense activity followed by rest periods can burn more calories in less time. HIIT also improves cardiovascular health and boosts metabolism, making it an excellent choice for weight management.



Walking or light jogging: Walking or light jogging is an easy way to keep your body moving, burn calories and maintain energy throughout the day. It's a low-impact exercise that can be done daily and is gentle on the joints.



Strength training: Strength training exercises like squats, lunges and weight lifting build muscle, which supports metabolism and helps manage weight. Building muscle also improves energy levels by making everyday activities easier.



Yoga or Pilates: Yoga and Pilates can help with weight management by increasing flexibility, improving muscle tone and promoting relaxation. They also reduce stress, which can contribute to better energy levels.

Boosting Energy Through Exercise

In addition to weight management, regular exercise provides a natural energy boost by increasing circulation, improving sleep quality and reducing overall feelings of fatigue. As physical activity enhances blood flow and oxygen delivery to the muscles, it helps combat tiredness and makes daily tasks feel easier. Furthermore, regular exercise promotes better sleep patterns, which can be disrupted during menopause, helping you feel more rested and energized throughout the day. Many women report feeling more focused, motivated and mentally alert after incorporating regular exercise into their daily routines, making it a key tool for overall well-being during menopause.

Improves Sleep

Regular exercise can improve the quality of your sleep, helping you feel more rested and energized throughout the day. By promoting deeper, more restful sleep, exercise also helps reduce the likelihood of waking up during the night.

Enhances Mood

Exercise releases endorphins, the body's natural mood lifters, which help you feel more positive and motivated. Regular exercise can also help manage stress and anxiety, contributing to better emotional well-being during menopause.

Reduces Fatigue

Physical activity increases blood circulation and oxygen flow to muscles, reducing feelings of tiredness and boosting overall energy levels. This leads to sustained energy throughout the day, making daily tasks easier to manage.



Getting Started with Weight Management and Energy Boosting

If you're new to exercise or finding it challenging to stay consistent, start small and gradually build up your routine. Here's how to get started:

Set Realistic Goals
Begin with short, manageable workouts and gradually increase the duration and intensity as your fitness improves.

Mix it Up
Include a variety of exercises, cardio, strength and flexibility, to keep your routine interesting and target different aspects of your health.

Listen to Your Body
Be mindful of how your body feels, especially if you're new to exercise. Adjust your routine to avoid overexertion and prevent injury.



Wrapping Up: Maintaining a Healthy Weight and Energy Levels

Managing weight and boosting energy during menopause is achievable with a balanced exercise routine. By staying consistent with activities that burn calories, build muscle and improve cardiovascular health, you can maintain a healthy weight and feel more energized throughout the day. Incorporating a mix of aerobic, strength, and flexibility exercises will not only support weight management but also keep your body feeling strong and capable during this transitional stage.

06

Exercise and Emotional Well-Being

Explore the mental health benefits of regular physical activity.

Exercise & Emotional Well-Being

Menopause can significantly impact emotional well-being, causing mood swings, anxiety, irritability and even depression. However, regular physical activity is one of the most effective ways to counter these emotional challenges. Exercise releases endorphins, your body's natural mood elevators, while reducing stress hormones, helping you feel more emotionally balanced and energized.

Beyond its physical benefits, exercise provides mental clarity and emotional release, offering a healthy way to cope with the emotional ups and downs of menopause.

The Emotional Benefits of Exercise

Incorporating exercise into your daily routine offers a range of emotional benefits, helping to stabilize your mood and reduce stress:

Endorphin boost: Exercise triggers the release of endorphins, which create a sense of happiness and reduce feelings of anxiety or depression.

Stress reduction: Physical activity helps lower levels of cortisol, the body's primary stress hormone, which can reduce tension and help you feel more centered.

Increased mental clarity: Exercise improves blood flow to the brain, boosting cognitive function and enhancing focus, which can combat feelings of mental fog.

Improved self-esteem: Regular physical activity helps build a sense of accomplishment and confidence, especially as you notice physical and emotional progress.

Emotional Well-Being Tip:

Incorporating just 15-20 minutes of light exercise, such as walking or stretching, can help reduce stress and improve your mood throughout the day.

Exercise Strategies for Emotional Well-Being

Different types of exercises can specifically target emotional health by reducing stress, improving mood and creating a sense of calm:



Yoga for Stress Relief

Yoga combines gentle stretching with deep breathing, making it an ideal practice for reducing anxiety and promoting emotional balance. The slow, mindful movements of yoga encourage relaxation, helping you feel more in tune with your body and less overwhelmed by stress.

Dancing for Emotional Release

Dancing provides a joyful way to release pent-up emotions while raising your heart rate. The combination of music and movement helps shift your mood and reduce feelings of anxiety or sadness, all while giving you a great physical workout.





Walking for Mental Clarity

Walking, especially outdoors, helps clear your mind while also boosting your mood. It's a simple, accessible way to reduce stress, improve focus and lift your spirits by reconnecting with nature.

Swimming for Calm and Balance

Swimming combines the benefits of full-body movement with the calming sensation of water. It's an excellent way to reduce stress, soothe the body and promote emotional well-being through gentle, rhythmic exercise.



Wrapping Up:
Enhancing Emotional Well-Being Through Movement

Exercise is a simple yet powerful tool for supporting emotional well-being during menopause. By finding activities that reduce stress, improve mood and promote mental clarity, you can create a more positive emotional environment for yourself. Whether it's yoga, dancing, swimming, or simply taking a walk in nature, the important thing is to choose movement that brings both physical and emotional benefits.

Consistently engaging in these activities not only helps you feel more balanced but also builds resilience, giving you the strength to navigate emotional challenges with greater ease and confidence.







Emotional Well-Being Tip:

Even on days when you're feeling low, engaging in gentle movement like yoga or a short walk can help lift your mood, reduce feelings of anxiety and leave you feeling more balanced and refreshed by the end of the day.

07

Where To Start

All you need to know before you
start your exercise regime

Absolute & Relative Contraindications to Exercise

It is really important if you have any of these contraindications speaking with your health care provider and making sure you are safe to exercise - seeing an exercise physiologist would be beneficial here!

Absolute Contraindications **Exercise is not safe under any conditions**	**Relative Contraindications - Some exercise is possible with accommodations as directed by a healthcare provider**
Recent electrocardiogram changes or recent myocardial infarction (i.e., heart attack)	High blood pressure
Uncontrolled arrhythmia (i.e., irregular heartbeat)	Cardiomyopathy (i.e., heart muscle disease)
Unstable angina (i.e., chest pain)	Valvular heart disease
Third-degree heart block	Complex ventricular ectopy (i.e., abnormal heart rhythm)
Acute progressive heart failure	Recent stroke or transient ischemic attack
Uncontrolled hypertension	Uncontrolled metabolic disease (e.g., type 2 diabetes)
Active endocarditis, myocarditis or pericarditis (inflammation of various parts of the heart)	Mild aortic stenosis (i.e., narrowing of the aorta)
Severe aortic stenosis (i.e., narrowing of the aorta)	Other uncontrolled medical conditions (e.g., significant anemia, asthma, hyperthyroidism)
Acute aortic dissection (i.e., a tear in the aorta)	Chest pain or pressure
Recent acute or uncontrolled long COVID (effects of COVID-19 that last for several weeks or months beyond the initial illness)	Dizziness or lightheadedness
—	Significant balance problems
—	Joint pain or injury; previous joint surgeries (e.g., knee replacement)
—	Other surgeries within the last year
—	Recent head injuries
—	Mild cognitive impairment
—	Long COVID

NOTE: ***This isn't a complete list of health conditions that may prevent exercise OR require accomodation or adjustments of your programming to stay safe. Again, ensure you are clear by your health care provider if you present with any of these contraindications or concerns.**

Establishing your Training Level

Menopausal women that have stayed active throughout their life will have different capabilities opposed to menopausal women who have been sedentary and only now exercising for the first time in midlife. And that's OK! Its never too late to start! That's why assessing training level is one of the first tasks that need to be done once it has been confirmed it is safe to exercise.

To evaluate training level we assess 5 main factors as seen in the table below.

Assessment Factor	Level 1 (Beginner)	Level 2 (Intermediate)	Level 3 (Advanced)
Training Age How long your client has been strength training consistently	0–3 months	3–12 months	12+ months
Training Frequency How often your client has been strength training consistently	1–3 times per week	2–3 times per week	2–4 times per week
Training Skill How proficient your client is at performing the movement patterns and exercises well (Squat, Hinge, Push, Pull, Lunge, Carry, Rotate)	**Low Skills:** Requires coaching and cueing to perform exercises well	**Medium Skills:** Requires minimal coaching and cueing to perform exercises well	**High Skills:** Requires coaching and cueing mostly for optimization and refinement
Training Intensity How experienced your client is at lifting at a higher intensity or load	Has no experience lifting at near maximal effort, or has only trained in the 15+ rep range	Has experience lifting at near maximal effort in the 8–15 rep range	Has experience lifting at near maximal effort in the 1–5 rep range
Body Awareness How aware your client is of their movement ability to gain new movement skills	**Low Body Awareness:** Quickly loses form and needs a lot of coaching and cueing	**Medium Body Awareness:** Can display skills with moderate coaching and cueing	**High Body Awareness:** Quickly displays new skills with minimal coaching and cueing

NOTE:
It's always better to start off with lighter weights & easier exercise variations and progress from there!

Perceived Effort Scale

The Perceived Effort Scale (PES) is a tool used to measure how hard a person feels they are working during physical activity. It helps individuals self-assess exercise intensity based on sensations such as breathing rate, heart rate, muscle fatigue and ability to talk.

The scale typically ranges from 1 (very light or no effort) to 10 (maximal effort). Using the PES allows clients and practitioners to safely monitor and adjust exercise intensity without relying solely on heart rate or external measures. It also encourages body awareness and supports gradual progression by helping individuals learn to recognise and regulate their own exertion levels.

Level	Description
1–2	Little or No Activity: Anything other than sleeping, such as watching TV, reading or riding in a car.
3–4	Light Activity: Easy and could be sustained for hours. It's easy to carry on a conversation.
5–6	Moderate Activity: Sustainable for a long period of time, but your breathing is heavy and it's difficult to carry on a conversation.
7–8	Vigorous Activity: On the verge of becoming uncomfortable. You can only speak a sentence or few words at a time and can't sustain the activity for long periods.
9	Very Hard Activity: Very difficult to sustain. It feels like you can hardly breathe and you can barely speak a word.
10	Maximal Activity: Almost impossible to keep going. You can hardly breathe and you can't speak at all.







Regulating Strength Training Intensity

Regulating strength training intensity is about adjusting how challenging an exercise feels based on the amount of weight lifted, the number of repetitions performed and how close you are to muscular fatigue. It ensures workouts are effective while reducing the risk of overtraining or injury. Intensity can be manipulated by changing the load, speed or volume of exercises, depending on a client's goals and experience level.

Beginners often train at lower intensities to build skill and endurance, while advanced lifters may use heavier loads for fewer repetitions. By regulating intensity, trainers can help clients progress safely and maintain consistent improvement in strength and performance.

Strength Training Intensity	Training Level	Reps per Set	Typical Number of Sets Performed at Given Rep Range	Number of Reps Left in Reserve
Low (lighter weight, higher rep range)	Level 1 Level 2 Level 3	12–15 reps	2–3	1–2 reps
Moderate (moderate weight, moderate reps)	Level 1 Level 2 Level 3	8–12 reps	2–4	1–2 reps
High (heavier weight, fewer reps)	Level 2* Level 3**	3–5 reps	1–3	1–2 reps

Three Factors to Consider

- Most menopausal women don't need maximal exertion to get stronger and gain muscle & bone Woking sub-maximally is best for reducing the risk of injury, managing your overall stress load and keep being able to train regularly.
- Lifting at or near maximal exertion requires well-conditioned connective tissue and careful control of body position and movement.
- Your pelvic floor function might not be able to support this level of load. Some women in menopause may experience symptoms of pelvic floor dysfunction (e.g., leaking, heaviness, or bulging in the vagina) when lifting at or near maximal exertion.

Functional Movement Patterns

Functional movement patterns are the fundamental movements of the body, including squatting, hinging, lunging, pushing, pulling, rotating, and carrying. These patterns form the foundation for all physical actions, from daily tasks like sitting and lifting to athletic activities and training them can improve overall function and reduce the risk of injury.



Squat: Involves the hips and knees flexing together to lower the body's centre of gravity.

Real-life example: Sitting down, standing up, getting in and out of a car or toilet.



Bend/Hinge: Bending at the hips while keeping the back relatively straight to bend forward and down.

Real-life example: Picking up something from the floor, tying your shoelaces, picking up a child/grandchild.



Lunge: A single-leg movement that involves stepping forward, backward or to the side.

Real-life example: Walking up stairs, walking uphill.

Functional Movement Patterns Continued



Push: Moving a weight or your body away from you, often involving a forward or upward motion.

Real-life example: Pushing a door open, pushing a pram or shopping trolley or doing a push-up.



Pull: Moving a weight or your body toward you.

Real-life example: Pulling a bag out of a car, pulling yourself up for a pull-up.



Rotation: The ability to twist the torso.

Real-life example: Reaching across your body, vacuuming or mopping.



Gait/Carry: The act of walking, running, or carrying objects.

Real-life example: Carrying groceries, carrying a child/grandchild.

09

Conclusion

Summarise the benefits of regular exercise during menopause.

Conclusion

As you reach the end of this guide, it's important to recognize that staying active during menopause is about more than managing symptoms, it's about adopting a long-term approach to health and well-being. Regular exercise helps address both physical and emotional challenges, from maintaining bone density to boosting mood and energy.

Exercise empowers you to build strength, resilience and confidence throughout this life transition. The key is consistency and choosing activities you enjoy, ensuring you can maintain an active lifestyle that supports your overall health for the long term.



Key Takeaways

As you move through menopause, regular exercise can greatly impact your physical and emotional well-being. These takeaways highlight the key steps to strengthen your body, maintain balance, and support long-term health during this transition.

Exercise supports bone health: Strength training and weight-bearing exercises help maintain bone density and reduce the risk of osteoporosis.

Stay flexible and balanced: Flexibility and balance exercises are essential for reducing stiffness and preventing falls, helping you maintain mobility.

Cardiovascular health matters: Regular aerobic activity boosts heart health, improves circulation and supports weight management during menopause.

Mental clarity and mood boost: Physical activity enhances cognitive function, reduces stress and improves emotional well-being through endorphin release.

Consistency is key: Building an exercise routine that you enjoy and can stick to ensures long-term benefits for your overall health and vitality.

Looking Ahead

As you continue your menopause journey, remember that your exercise routine doesn't need to be intense or complicated. The most important factor is consistency. Find activities you enjoy, whether it's walking, yoga, swimming or strength training and incorporate them into your daily or weekly routine. Over time, you'll notice not only improvements in your physical health but also in your emotional resilience and overall quality of life.

It's never too late to start or adjust your fitness routine. Your body is capable of adapting and thriving and exercise is one of the most effective tools to help you stay strong, active and healthy through menopause and beyond.



Remember

Exercise is about progress, not perfection. Even small steps forward will help you build long-term habits that support your well-being. Celebrate every win and enjoy the process of caring for your body during this important transition.

Let this guide be the start of a healthier, more empowered chapter in your life. Keep moving, stay consistent and embrace the journey. Each step you take supports your health, builds confidence and helps you thrive through menopause and beyond.

Exercise to Support Menopause

Gain the knowledge and tools you need to support your body through menopause. Learn how to stay active, manage physical changes and boost emotional well-being with practical exercise strategies. Empower yourself with routines that promote strength, balance and long-term health. Embrace this life stage with confidence and live a healthier, more energized, and fulfilling life.