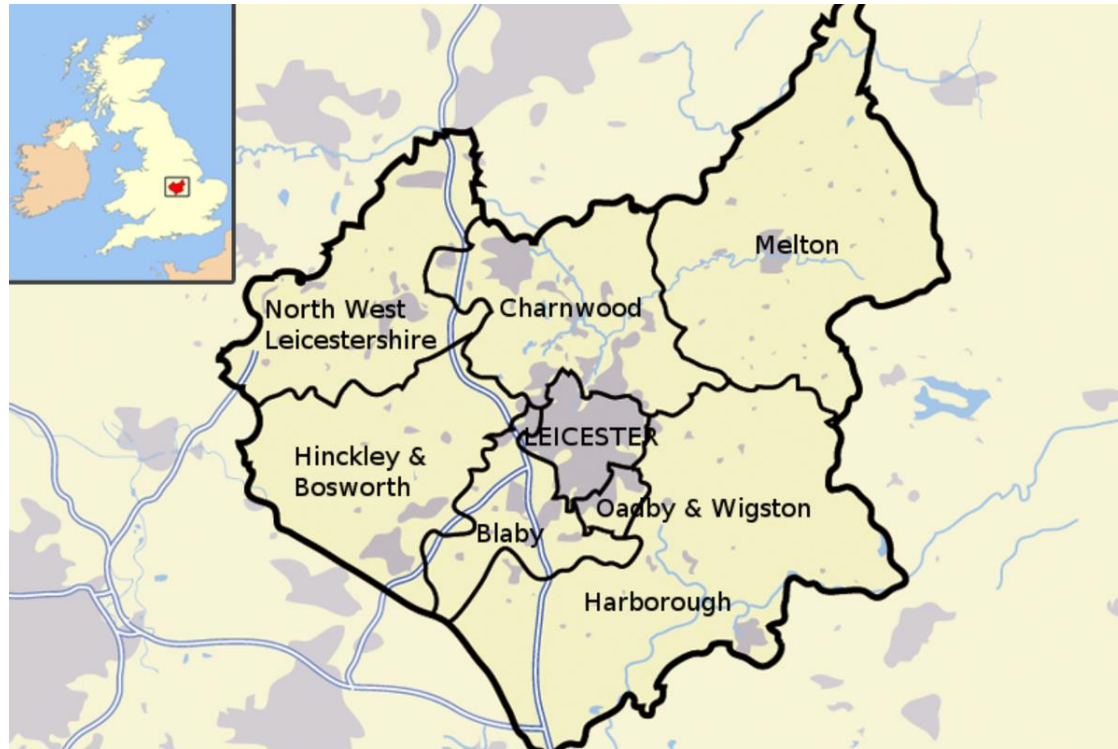


# Active Menopause

Emma Knight  
North West Leicestershire District Council



# North West Leicestershire



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# Local Context

Active Together -  
Active  
Partnership

District and  
Borough Physical  
Activity Network

GP Federation

Everyone Active

Me Myself and  
Menopause

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## 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](http://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

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# 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

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# Types of activity

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



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# How it started



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Session	Topic / Venue	Day /Time/Date	Deliverer
1	Forest Bathing - Moira Furnace	Monday 6-7:30pm 10/05/25	Wild Minds
2	Strength & Conditioning - Fitness Republic Gym	Sunday 4-6pm 16/03/25	Blanka Harvey
3	Clinical Pharmacist Q&A - Whitwick Leisure Centre	Friday 6-8pm 28/03/25	NWL GP Federation
4	Restorative Yoga – Breedon Parish Hall	Sunday 10:30-11:30am 06/04/25	Emma Glover
5	Core and Floor – Anthony Pullen Gym	Tuesday 6-8 15/04/25	Nat Pullen
6	Tai Ga – Moira Furnace	Monday 6-7:30pm 28/04/25	Wild Minds
7	Women’s Health Q&A – Castle Donington Community Hub	Wednesday 7-9pm 07/05/25	Nat Pullen
8	Guided Walk – Holly Hayes Wood	Thursday 6-7:30pm15/05/25	NWLDC
9	Mindfulness & Meditation – Breedon on the Hill Church	Monday 7-8pm 19/05/25	Wild Minds
10	Halk Walk – Cattows Farm	Tuesday 5:30-7pm 27/05/25	Hawkwise Falconry
11	Sleep & Menopause	Thursday 6-7:30pm 12/06/25	Sleep Solutions



# Why we took this approach

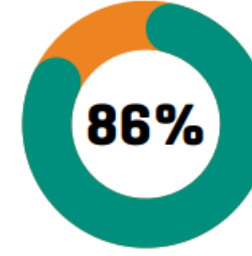




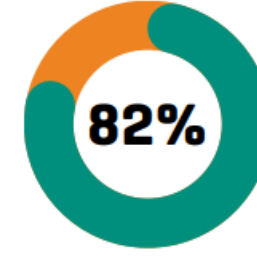
# Impact & Learning



rated the  
programme  
5/5.



are more  
physically  
active since  
completing the  
programme.



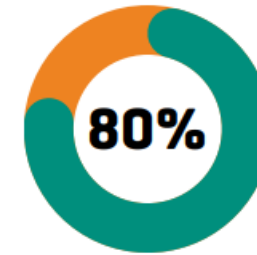
enjoyed taking  
part in a local  
community  
event.



greater  
understanding  
of how to  
improve their  
wellbeing.



now know  
who to  
contact if they  
need further  
advice.



greater  
understanding  
of their  
clinical  
options.

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# 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***



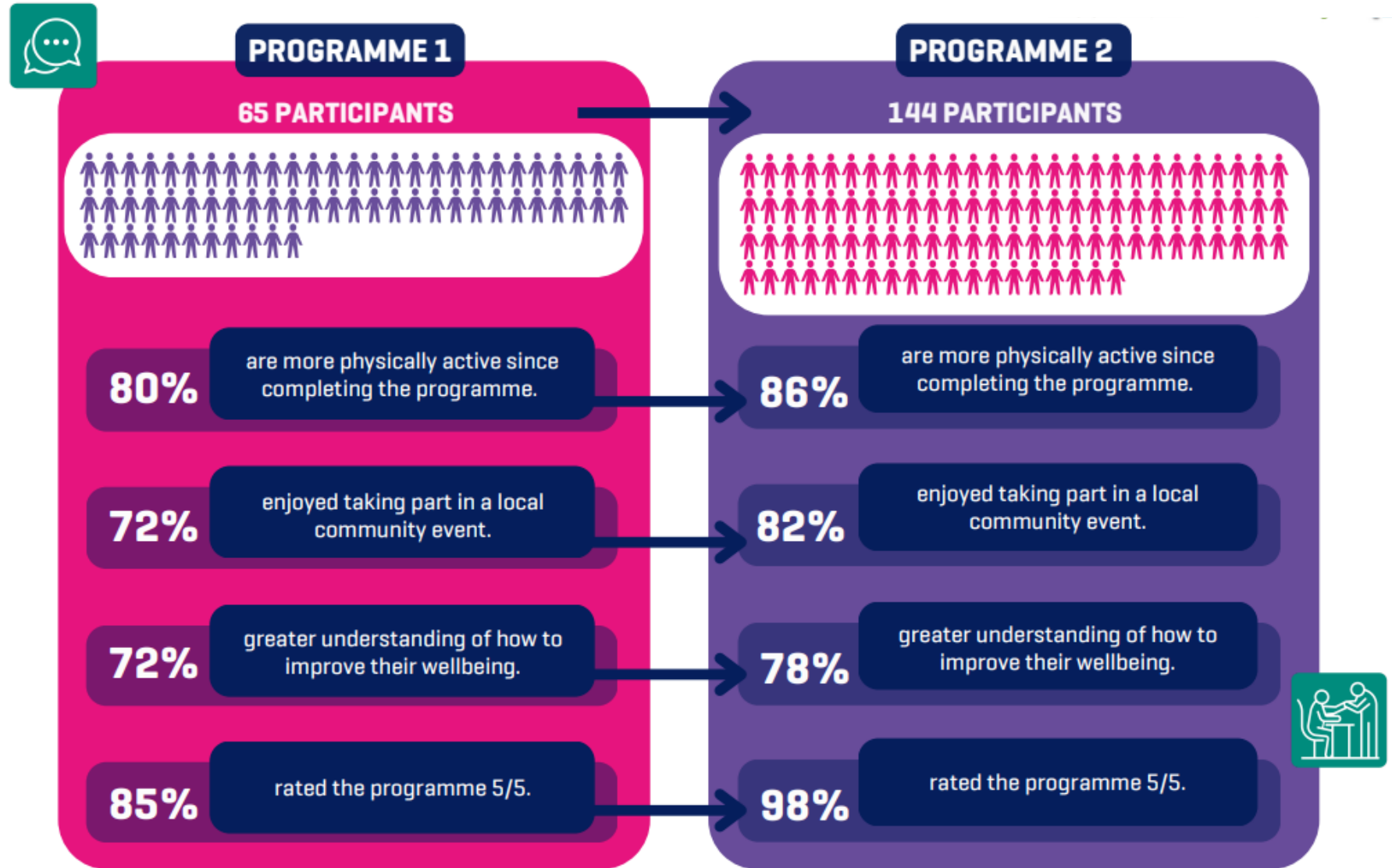
***"The exercises that you can do at home are easy to practice on your bed. I have already done the suggested exercises this morning and will be enquiring about strength training. This has given me the confidence and belief that I can improve my overall health and get back into fitness!" M. Clark***

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



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# Impact & Learning



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# Impact and learning

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## Challenges

- Ensuring that the ladies who book on turn up
- Ensuring evaluation data is returned to help shape Programme 3 most effectively
- The weather impacted some events due to darker evenings and colder nights

## Key Takeaways

Clinical Support

Variety

Sustainable exit routes

Social aspect

Relatable coordinator

Shout about it

Relationships and collaborative approach

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# Thank you

