



Menopause and Exercise

Regular physical activity is one of the best investments you can make in your future health and wellbeing — especially during menopause.

Why is Exercise Important During Menopause?

During menopause, falling hormone levels can lead to symptoms such as:

- Hot flushes and night sweats
- Poor sleep
- Low mood or anxiety
- Weight gain
- Reduced muscle strength
- Joint aches and pains
- Increased risk of osteoporosis (bone thinning)
- Increased risk of heart disease

Regular physical activity is one of the most effective ways to improve your overall health and wellbeing during and after menopause.

How Can HRT Help?

Hormone Replacement Therapy (HRT) can help relieve menopausal symptoms and protect bone health but it works best alongside healthy lifestyle measures, including regular exercise, a balanced diet, maintaining a healthy weight, and not smoking.

Benefits of Exercise

Regular exercise can:

- ✓ Improve energy levels
- ✓ Improve sleep quality
- ✓ Reduce stress and improve mood
- ✓ Help manage weight
- ✓ Maintain muscle strength
- ✓ Improve balance and mobility
- ✓ Strengthen bones
- ✓ Reduce the risk of heart disease, stroke and type 2 diabetes

How Much Exercise Should I Do?

The NHS recommends adults aim for:

Aerobic Exercise

At least 150 minutes each week of moderate-intensity activity such as:

- Brisk walking
- Cycling
- Swimming
- Dancing
- Fitness classes

You should feel warmer and breathe faster but still be able to talk.

Balance and Flexibility

Activities such as Yoga, Tai Chi, Pilates and stretching can improve flexibility, posture and reduce the risk of falls.

Strength Training and Looking After Your Bones

You should aim to do 2-3 sessions per week.

After menopause, women lose bone density more quickly with one in three menopausal women experiencing an osteoporotic fracture. Research shows that a progressive resistance or weight training programme twice a week for four to six months can positively influence bone density.

Weight-bearing and resistance exercises can help maintain bone and muscle strength, with activities including: Walking, Stair climbing, Dancing, Tennis, Pilates, Resistance training – including lifting weights or using resistive exercise bands.

If you have osteoporosis or a history of fractures, speak to a healthcare professional before starting high-impact exercise.



Getting Started

If you have not exercised regularly before:

- Start slowly and build up gradually.
- Choose activities you enjoy.
- Set realistic goals.
- Remember that every bit of activity counts.

Even a 10-minute walk can have health benefits. Useful resources and opportunities to exercise can be found on the Better

- North Somerset Better Health website: www.betterhealthns.co.uk
- NHS Better Health Website: www.nhs.uk/better-health/

When Should I Seek Medical Advice?

Please contact the practice if you:

- Have concerns about menopausal symptoms
- Would like to discuss HRT
- Experience chest pain, dizziness or significant breathlessness during exercise
- Have concerns about osteoporosis or fracture risk

Exercise and HRT can work together to improve menopausal symptoms, maintain bone and muscle strength, and support long-term health. Regular physical activity is one of the best investments you can make in your future health.

For further information, please speak to a member of the practice team.



www.mendipvale.nhs.net