



MenoHealth

Take control of menopause



**We empower
women to take
control of
menopause.**



Menopause, Me and Physical Activity

One third of women drop off from physical activity during menopause.

Why?

- Menopausal symptoms
- Low exercise self-efficacy
- Lack of knowledge
- Social stigma
- Lack of social support

What would help?

- Social support
- Bring a friend
- Have fun
- Welcoming atmosphere
- Time to talk
- Clear information
- Non- threatening Instructors with empathy



MenoHealth Pilot



Women told us how menopause affected them:

“...like someone had pulled the plug out... I just wasn't me anymore ...aches and pains made me feel old and depressed.”

And what they wanted:

- To be more active but they needed motivation
- To lose weight or change body shape
- Exercises they could do without feeling embarrassed or left behind
- To be with others going through the same thing
- To be able to talk openly about symptoms and find out more



MenoClass Pilot

“ I was very, very stressed before I came this evening. Managed to forget all of the stress for an hour and felt so much better after.

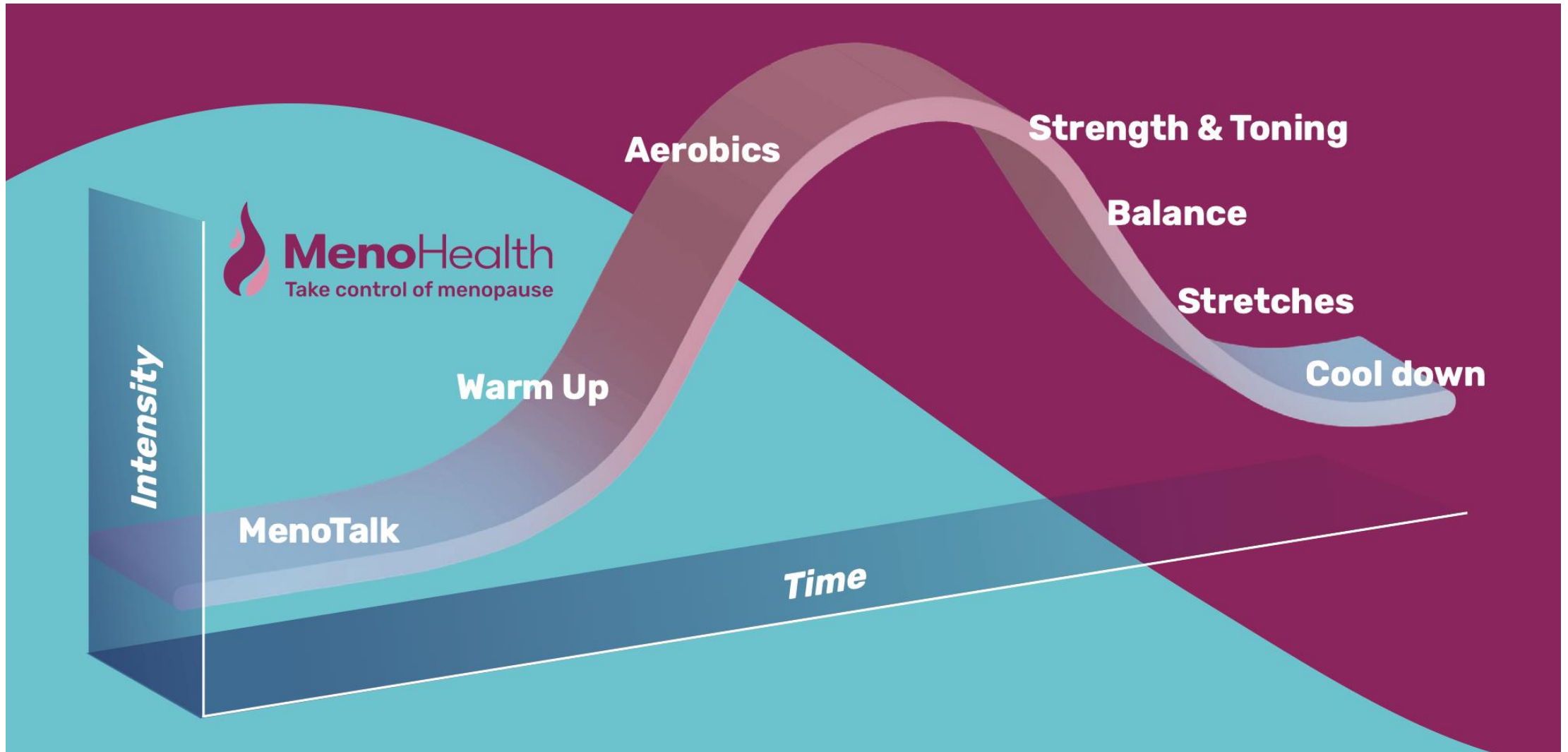
A great feeling of support, understanding and most of all fun. I can tell I've had a workout but without the aches and pains. I really enjoyed myself.

Good to be doing exercise with other women suffering with menopause symptoms. I felt really happy and good about myself after the class.

It was nice to meet some ladies that understand what I am going through. It was really friendly and welcoming.

I felt good after doing the exercises and can't wait for next week :) ”

The MenoClass



encourage, empower, inform & support

“It’s not just me then...”





flexibility



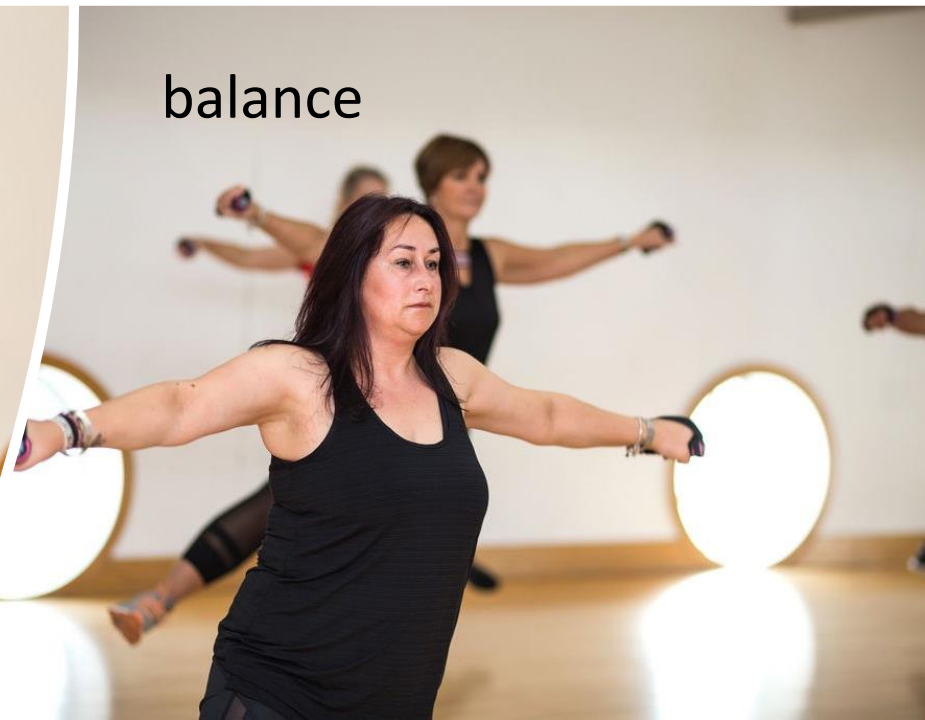
resistance



aerobics



balance



Cross Kick

MenoLeader

Low to moderate intensity circulation booster



Soften your knee on the supporting leg. Kick across your body, just above the floor with a natural arm swing.



Kick across your body just below knee level, taking your arms in the opposite direction to your leg.



As flame 2, but take your arms above your head in the opposite direction to your leg. Kick a little higher.

Warm Up Exercise

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Exercise is menopause medicine

- Boosts bones to reduce risk of osteoporosis
- Combats weight gain & “MenoMiddle”
- Improves muscle mass & strength
- Reduces blood pressure
- Reduces risk of heart disease
- Alleviates joint pain
- Reduces inflammation
- Promotes better sleep
- Reduces stress
- Improves confidence & self-esteem



MenoClasses in the workplace



Mini-MenoClass – 30 mins x 6 weeks online

15 minutes discussion:

1. Where's my waist?
2. HRT – busting the myths
3. Hot flushes / night sweats
4. Emotional rollercoaster
5. Below the belt
6. Menopause at work

15 minutes of easy exercises you can do at your desk:

1. Perfect your posture
2. Core strength without sit ups
3. Better balance
4. Boost your bones
5. Simple stretches
6. Staying strong for life

Benefits to staff

Employees improve their knowledge and understanding of menopause so they can take control of their health and wellbeing.

Specialist MenoLeaders share evidence-based information in a friendly, informal setting which encourages discussion and peer support.

Weekly sessions include a targeted exercise programme in a convenient location to encourage regular participation and saves staff time.

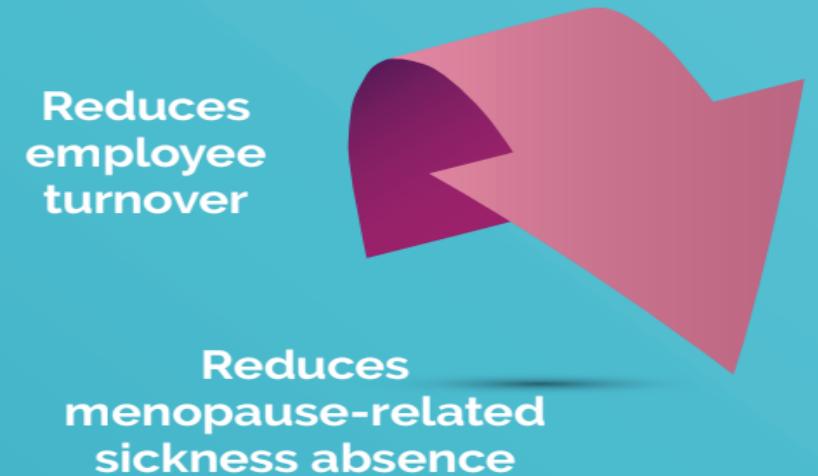


Benefits to the company

Employees feel more confident and comfortable discussing menopause.

Provides a cost-effective way to support employees and potentially reduce menopause-related absence.

Supports employees who may consider leaving their job due to menopausal symptoms, to stay at work by promoting an inclusive culture in the workplace.





BBC Breakfast "Wake up to Menopause"

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