

MOVEMENT

Top exercise and movement tips to support menopause



Why move?

Boosts your mood

Improves sleep

Strengthens bones and muscles

Supports heart health

Increases energy

Reduces joint pain and stiffness

"Strength training
at 50 changed my
life."

"Even 10 minutes
helps me reset."

Top tips

Start small: habit first, intensity later

Mix it up: cardio, strength and stretching

Make it social: walk with a friend or join a class

Do what works for you

Make it visible: add it to your calendar

What movement could look like:



A lunchtime walk



Dancing in your kitchen



Gardening



Gentle yoga or stretching



Resistance bands/bodyweight



Desk stretches at work