



Menopause and Physical Activity

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SPÓRT ÉIREANN
SPORT IRELAND

Menopause

- Menopause is when a woman's periods stop due to lower hormone levels.
- It is a natural part of ageing, which typically occurs between the ages of 45 and 55 years.
- The average age in Ireland for a woman to reach menopause is 51 years.
- It can sometimes happen earlier naturally or due to medical treatments (e.g. chemotherapy or radiation) or surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy).

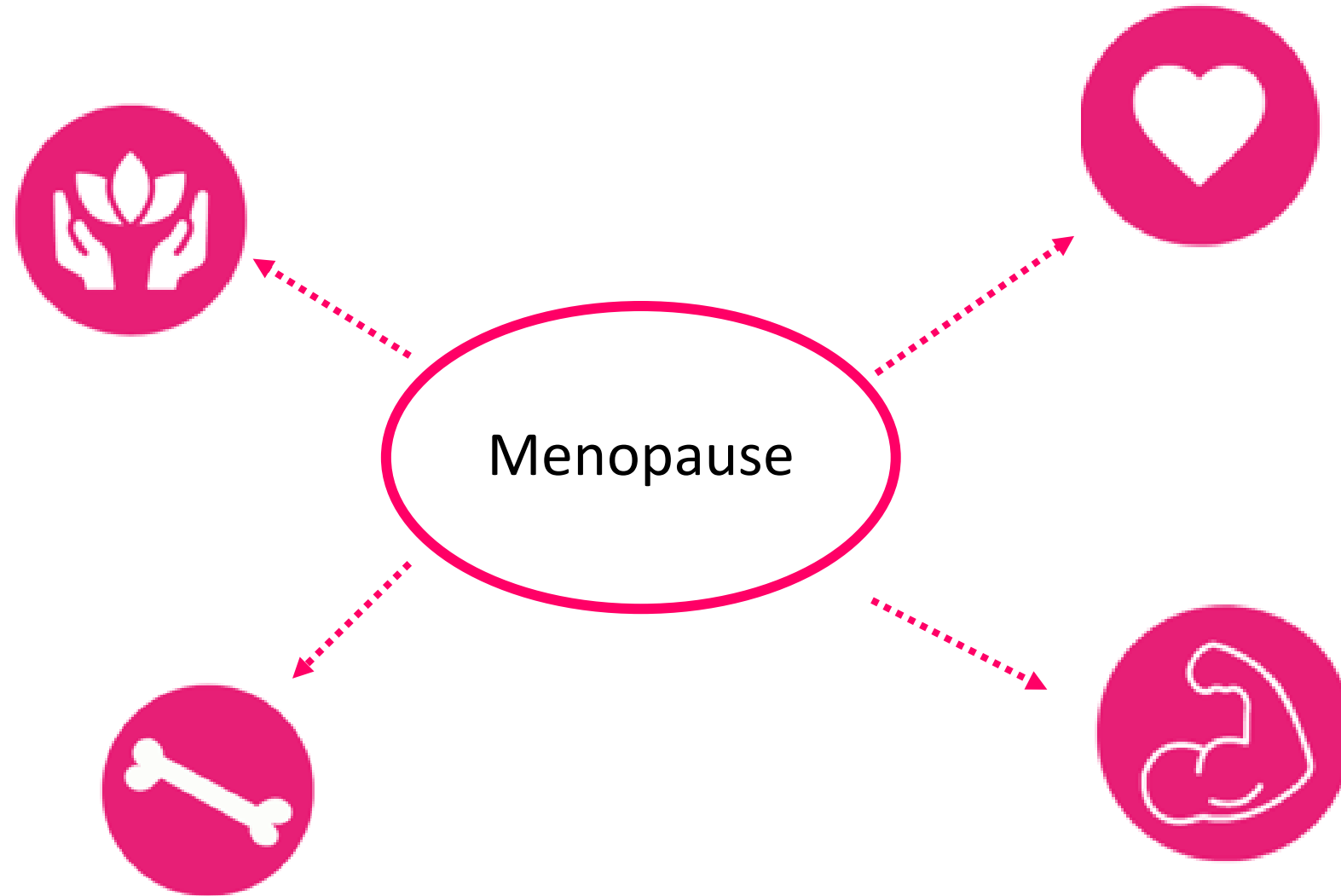
Menopause

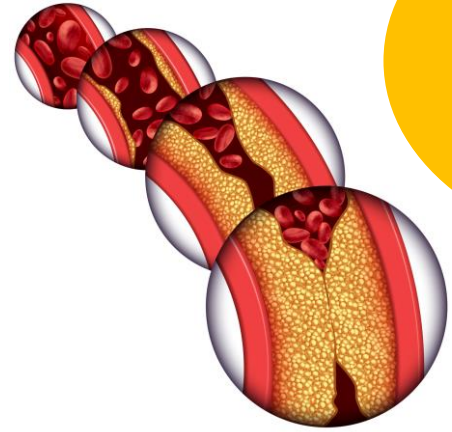
- **Perimenopause** refers to a variable length of time when symptoms of menopause are present but menstrual periods have not stopped completely.
- **Menopause** is defined by an absence of menstrual periods for 12 consecutive months.
- **Post-menopause** refers to the time after menopause, when menstrual periods have ceased for over 12 consecutive months.

Common Symptoms of Menopause

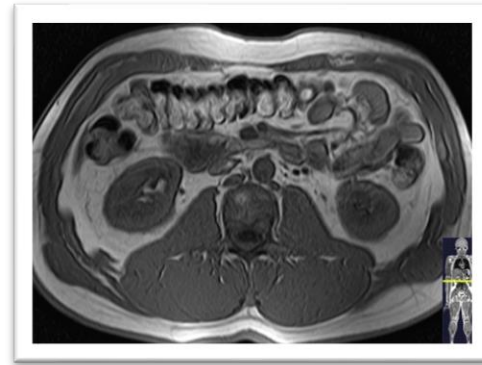
- Abnormal bleeding, particularly heavy or infrequent bleeding in perimenopause
- Vasomotor symptoms (e.g. hot flushes and night sweats)
- Heart discomfort (e.g. palpitations or tightness)
- Sleep disturbances (e.g. difficulty falling asleep or staying asleep or waking up early)
- Genitourinary syndrome (a range of genital, sexual, and urinary symptoms)
- Sexual problems (e.g. changes in sexual desire, activity, and satisfaction)
- Mood disturbances (e.g. depression, stress, irritability, and anxiety)
- Cognitive dysfunction (e.g. impaired memory, forgetfulness, and 'brain-fog')
- Joint and muscle pain and discomfort

Menopause – Key changes that occur

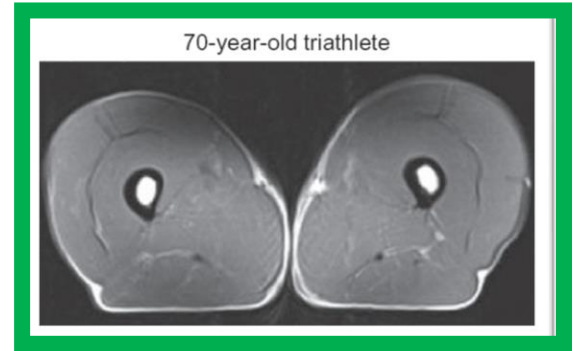




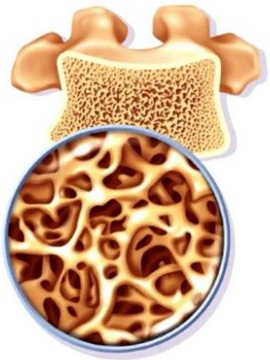
CVD, high blood pressure, cholesterol issues



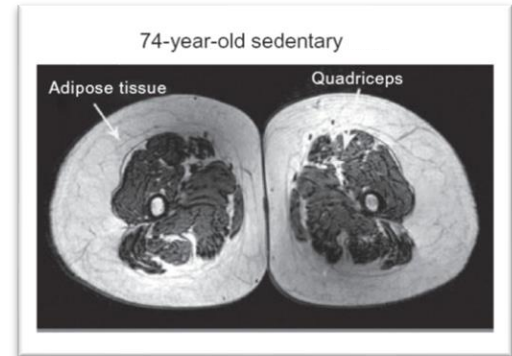
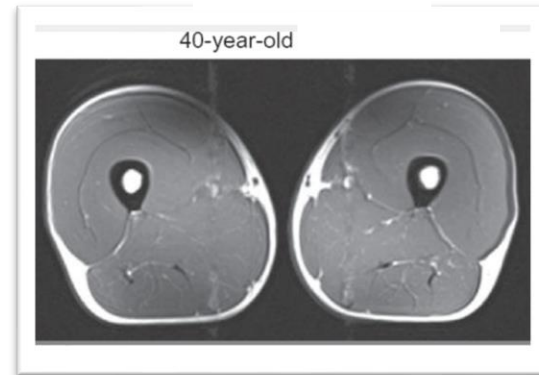
Menopause



NORMAL BONE



OSTEOPOROSIS



Multimodal training for health

Moderate Intensity



Aerobic - Weight Bearing
30 mins most days per week

- Walking
- Cycling
- Swimming
- Dancing
- Aqua Aerobics



Resistance
2-3 days per week

- Body weight (squats, lunges, plank, press up)
- Resistance bands
- Free weights
- Gym

Balance
2 days per week, but daily if poor balance

- One legged exercises
- Eyes closed
- Stability cushion
- Throwing and catching



Flexibility
2+ days per week



- Yoga
- Pilates
- Flexibility / Stretching classes

Multimodal training for health



Aerobic - Weight Bearing
30 mins most days per week

- ↑ Fitness
- ↓ Cholesterol
- ↓ Blood pressure
- ↓ CVD
- Improves blood sugar levels
- ↓ Type 2 diabetes
- ↓ Visceral fat



Resistance
2-3 days per week

- ↑ muscle mass
- ↑ strength
- ↑ endurance
- ↑ power
- ↑ bone density
- ↑ balance
- ↑ functional ability
- ↓ frailty

Moderate Intensity

Balance
2 days per week, but daily if poor balance



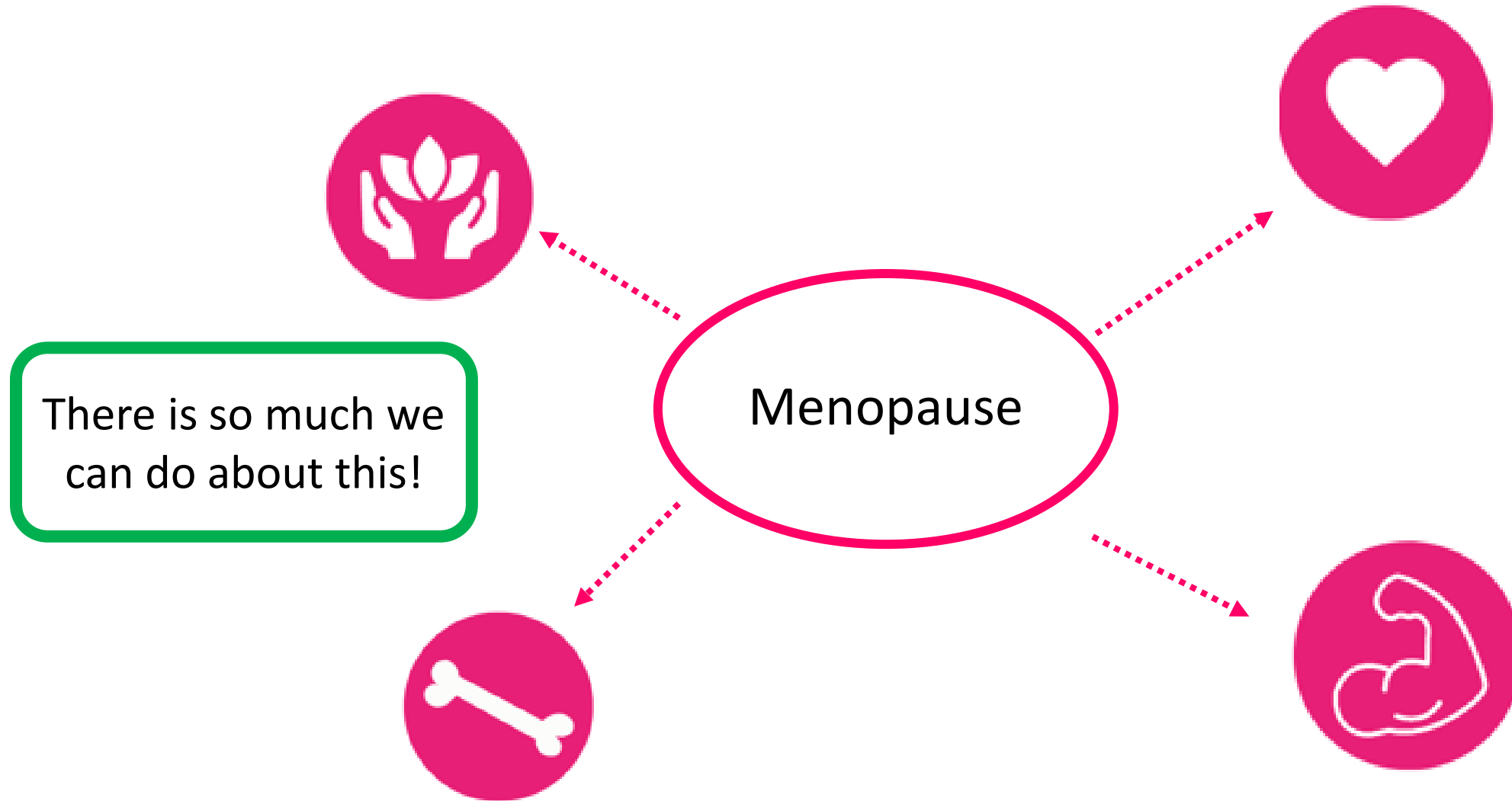
- Protect bones
- ↑ balance and stability
- ↑ functional ability e.g. sit-to-stand, stairs
- ↓ risk of falls and morbidity and mortality associated with same

Flexibility
2+ days per week



- Improves movement in joints
- ↑ mobility and range of motion
- ↓ pain and stiffness
- ↑ independent living

Menopause – Key changes that occur



Other benefits of exercise

- ↑ Sleep duration and quality
- ↓ Depression
- ↓ Anxiety
- ↑ Positive mood and well-being
- ↑ Concentration
- ↑ Memory.....

If you want all of the benefits, you need to do multimodal training

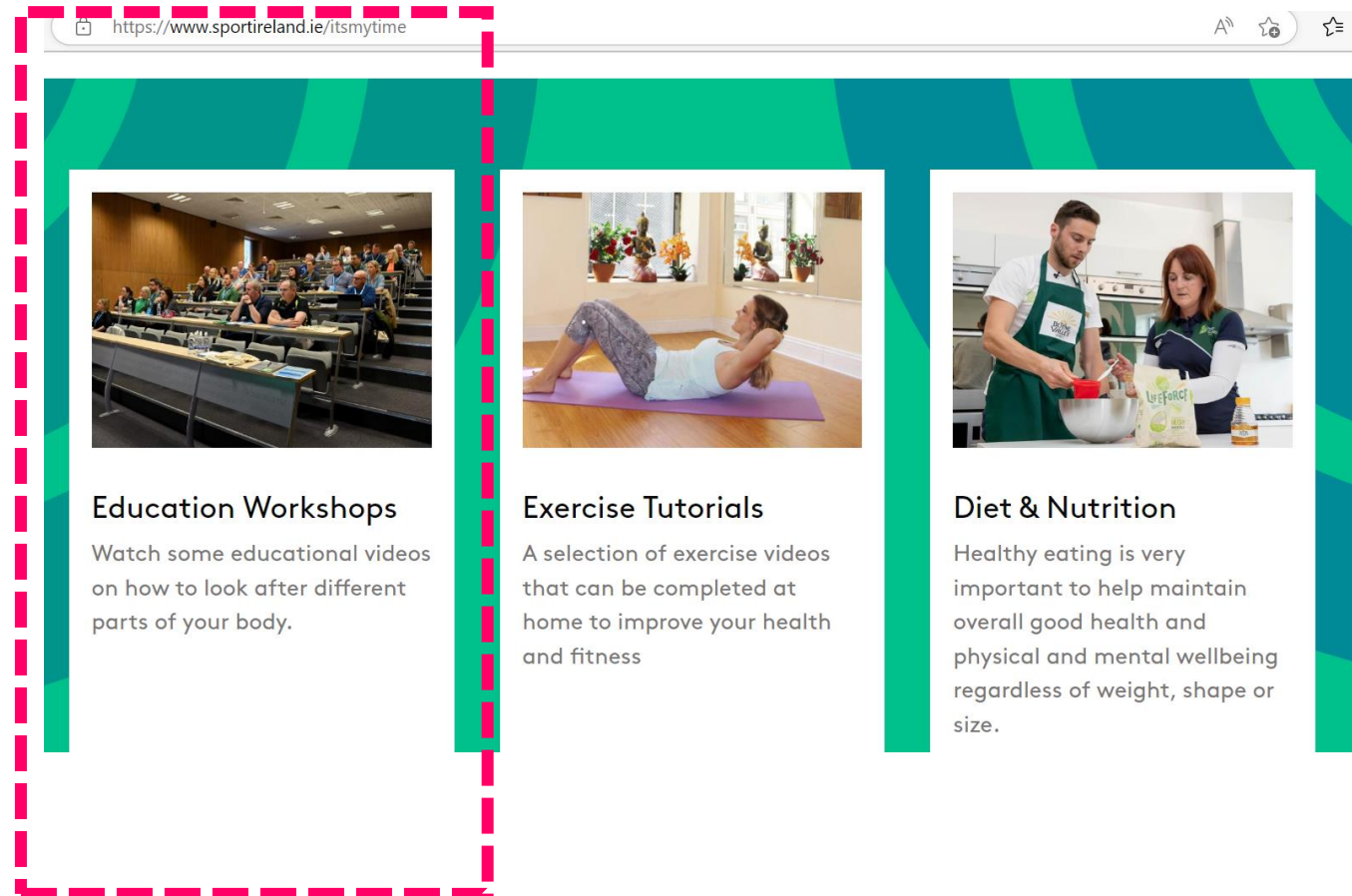
Add blue and green exercise when you can



it's my time

1. Sleeping Soundly
2. Healthy Hearts
3. Building Bones
4. Strong Muscles
5. Nutrition for a healthy menopause
6. S.E.L.F. Care in menopause

These workshops were created by our **EduFIT** team of exercise physiologists and nutritionists.

A screenshot of a website with a green and blue background. The URL bar shows 'https://www.sportireland.ie/itsmytime'. The page features three main sections: 'Education Workshops' with a photo of a classroom, 'Exercise Tutorials' with a photo of a woman doing a back exercise, and 'Diet & Nutrition' with a photo of a man and woman in a kitchen. Each section has a title and a short description.

<https://www.sportireland.ie/itsmytime>

Education Workshops

Watch some educational videos on how to look after different parts of your body.

Exercise Tutorials

A selection of exercise videos that can be completed at home to improve your health and fitness

Diet & Nutrition

Healthy eating is very important to help maintain overall good health and physical and mental wellbeing regardless of weight, shape or size.



Aerobic


- Fittest at 40+ (30min)
- Sit Fit (30min)
- 15-min Healthy Hearts




Resistance

- Simply Strong (30min)
- Sit Fit (30min)
- Balance and Strength (30min)
- 15-min S & C


<https://www.sportireland.ie/itsmytime>



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Balance

- Balance and Strength (30min)
- Sit Fit (30min)



Flexibility

- Fabulous Flexibility (30min)
- Sit Fit (30min)
- 15-min Flexibility



Final thoughts

- Physical health and mental health are not things that happen naturally
- In fact, the ageing process challenges this with every year that passes
- Physical inactivity is a major challenge to health and functionality
- Menopause adds an additional challenge
- You have a lot of control over this
- There is lots you can do from the lifestyle perspective that is very effective
- In your roles you may be in a position to have a powerful impact on women health in all life stages – knowledge and early action are the key
- Please think about incorporating multimodal exercise into your week / programmes
- Strength is crucial for ageing and menopause
- Every step, squat, lunge, stretch etc. gives major benefits
- Please **gift yourself** the time to take care of your body, mind and wellbeing

Thank You



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Please contact us if you would like details on our 6-week online 'MenoWell' programme. This is a movement, nutrition, lifestyle and wellness programme for women in all stages of life, with particular focus on pre, during and post menopause.