



MOVEMENT PLAN

Let's be clear - movement is non-negotiable for your health during menopause! It's one of the most powerful tools you have for preserving precious muscle mass, protecting your bones, and keeping your metabolism strong. But what types of exercise give you the biggest health benefits?

This guide will help you choose activities that are effective, allow you to listen to your body's needs and recovery signals, and actually work with your life and exercise preferences.

Many women find that midlife is not a slowing down, but a powerful turning point. With more discipline, clarity, and often greater freedom to dedicate time to themselves, this stage of life can actually be the perfect time to lean into fitness in new ways.

Instead of seeing menopause as a barrier, think of it as a doorway to fresh possibilities. With years of life experience, resilience, and self-knowledge behind you, you're better equipped than ever to set meaningful goals and follow through with them.

MOVEMENT HABITS

THE FOUR KEY TYPES OF MOVEMENT FOR MENOPAUSE

The right types of movement at the right times can transform your menopause experience, helping you feel stronger, more energetic, and more at home in your changing body.

1

LIFT WEIGHTS - RESISTANCE TRAINING

This is our #1 priority during post-menopause. It helps to counteract the muscle loss that comes with aging and changing hormones, supports your metabolism and blood sugar management, and helps keep you moving

2

INTERVALS - SHORT & INTENSE

Time-efficient cardio helps to create an “afterburn” where your body continues to burn calories for hours after your workout. A great tool for targeting stubborn abdominal fat.

3

DAILY MOVEMENT & N.E.A.T.

NEAT refers to all the movement you do that isn't formal exercise – standing, fidgeting, cooking, cleaning, shopping, gardening, and more. During post-menopause, NEAT becomes increasingly important as:

- NEAT can account for up to 15-30% of daily calorie expenditure
- Consistent small movements help manage blood sugar better than occasional intense workouts alone

4

RECOVERY & FLEXIBILITY - YOUR HIDDEN ADVANTAGE

During menopause & beyond, the amount of recovery we need increases. Including adequate recovery can help to reduce stress hormones, support healthy sleep patterns, improve range of motion, and create space for mind-body connection and stress management.

YOUR MOVEMENT GOALS

#1 STRENGTH TRAINING

2-4 STRENGTH SESSIONS EACH WEEK

TRY AND PRIORITISE THIS

Focus on major muscle groups
(legs, back, chest, shoulders)

Start with bodyweight exercises if new to strength training

Include at least 8-10 exercises per session

PROGRESSIVE OVERLOAD (gradually increase the challenge)

Add weight, reps, or sets over time

Aim for moderate difficulty - it should feel challenging but doable

#2 DAILY MOVEMENT

ACCUMULATE 8,000-10,000 STEPS DAILY

Break it up throughout the day
(2,000-3,000 steps per session)

Set hourly movement reminders

Ideas:

Walk around when on the phone, counter push ups while the kettle boils

BREAK UP SITTING TIME

Stand or move for 5 minutes every hour

Try "exercise snacks"

20 squats, 10 push-ups, step ups every time you walk passed the stairs

#3 CARDIOVASCULAR TRAINING

INCLUDE 2-3 ZONE 2 CARDIO SESSIONS WEEKLY

30-45 minutes at moderate intensity.

Use the talk test: you should be able to speak in full sentences, but not sing.

Options: Brisk walking, cycling, swimming, dancing, rowing.

ADD 1 HIGHER INTENSITY SESSION WEEKLY (AFTER BUILDING BASE)

Interval training

(30 seconds hard, 90 seconds recovery)

Hill repeats or stair climbing

Benefits: Improves glucose utilisation

#4 RECOVERY & FLEXIBILITY

Schedule at least 1 complete rest day/week

Allow 48 hours between strength training for the same muscle groups, longer if needed or if you are new to training.

Include deliberate recovery activities (yoga, stretching).

YOUR BODY NEEDS REST TO BUILD MUSCLE SO DON'T MISS THIS STEP!





NEAT stands for

Non-Exercise Activity Thermogenesis

It refers to energy expended through non-structure exercise.
For example, gardening, walking, cleaning,

NEAT BOOSTERS

- TAKE THE STAIRS INSTEAD OF THE LIFT
- PARK FURTHER AWAY FROM THE ENTRANCE
- WALK TO THE SUPERMARKET AND CARRY THE SHOPPING HOME
- WALK DURING PHONE CALLS
- USE A STANDING DESK
- TAKE REGULAR MOVEMENTS BREAKS AT WORK
- DO HOUSEWORK ACTIVELY

SMALL MOVEMENTS = BIG RESULTS

STRENGTH TRAINING

DAILY STRENGTH BREAKS

Create a well-balanced Strength Training Routine that you can stick to, whether that's through a dedicated workout or daily strength breaks

EXERCISE BANK BY MOVEMENT PATTERN

Lower Body Strength

- Bodyweight squats
- Split squats
- Step-ups on stairs
- Hip bridges
- Alternating Lunges
- Kick Backs
- Calf raises

Upper Body Push/Pull

- Incline push-ups
- Desk push-ups
- Banded rows
- Banded pull down
- Overhead Press
- Pike push-ups
- Dips

Core, Posture & Balance

- Bird dogs/Diagonals
- Dead bugs//Toe Taps
- Planks/Bear
- Roll Bend Rotate
- Standing Hip Rotations
- Hip Hinges

SUCCESS STRATEGIES

The key to making this habit stick is understanding that each mini-session builds toward your daily strength goals. Think of it like breaking up a meal into smaller, manageable portions.

HERE'S HOW TO MAKE IT WORK

Link to Daily Triggers

Connect each strength break to an existing habit

- Morning hydration + Morning circuit
- Coffee break + Mid-morning movements
- Lunch + Afternoon strength
- End of workday + Evening reset

Focus on Quality

Since sessions are short, emphasise:

- Proper form
- Full range of motion
- Controlled tempo
- Mindful muscle engagement

Progress Naturally

Start with exercises you can do well and progress by:

- Adding one or two repetitions
- Slowing down the tempo
- Progressing to harder variations
- Increasing sets before increasing exercises

HOW TO CULTIVATE A MOVEMENT MINDSET IN MENOPAUSE

- Ask yourself: "How can I make this activity require more movement?"
- Look for "movement opportunities" throughout your day
- Value consistency and frequency over intensity
- Celebrate all movement, no matter how small
- Connect movement to things you enjoy
- View movement as a way to feel good now, not just a way to change your body

REMEMBER

- Start where you are
- Something is always better than nothing
- Listen to your body's feedback
- Adjust based on your energy and symptoms
- Movement should support, not drain you

