

Menopause, movement and your plan

Prepare an individualized training and symptom discussion.

01 / Understand the starting point

Menopause experiences differ. Use current symptoms, preferences, experience and health needs to shape training rather than promising one routine will resolve all hormonal changes.

02 / Make the useful distinction

Maintain useful resistance and aerobic movement when appropriate. If sleep or energy changes disrupt the week, adjust timing or volume before abandoning the routine.

03 / Put it into practice

Track the symptoms that affect daily life and discuss persistent or troublesome changes with a qualified clinician. Exercise complements care; it does not replace evaluation or prescribed treatment.

04 / Review and adapt

Review bone health, nutrition and other individual needs with appropriate professionals. This worksheet supports the conversation and makes no hormone-treatment recommendation.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

If late sessions disturb sleep, try an earlier appointment and a shorter evening walk. Record the response before changing the whole program.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Symptom / priority	Training context	Practical adjustment	Response	Question for clinician

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.