

# MENOFIT 2

Another successful MenoFit course has now come to an end, and we are pleased to reflect on its continued positive impact within the community.

Beyond the physical and educational benefits of the programme, it has been heartening to witness the broader impact it has had. The course has provided a supportive, safe space for women to share their experiences, open up about their feelings, and form genuine connections. Many participants expressed how valuable it was to realise they are not alone in navigating this life transition. New friendships have formed, peer learning has flourished, and a strong sense of community has emerged.

We look forward to continuing this important work and helping more women feel supported, informed, and empowered through the MenoFit journey.

**13**  
  
females signed up

  
**93%**  
spaces filled  
+2 spaces added

  
**77%**  
completion  
rate

  
**55**  
attendances



	<p><b>100%</b></p> <p>Improved or maintained their weekly movement time, +5hrs increase overall. (from a collective 10hrs to 15hrs).</p>	<p><b>74%</b></p> <p>+10% increase in their ability to manage their own health &amp; wellbeing from 64%.</p>	<p><b>74%</b></p> <p>+14% increase in their confidence to access suitable movement opportunities from 50%.</p>	<p><b>59%</b></p> <p>+4% increase in improved mental health and wellbeing scores from 55%.</p>	<p></p> <p>All participants said they would recommend the course to a friend.</p>
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“ The course was fantastic. The exercises were pitched perfectly to all abilities and Kelly was a brilliant instructor who was so easy to engage with and fun. Made exercise in a gym feel accessible and this was quite an achievement for women going through menopause or perimenopause. I really appreciated the opportunity, made the most of it and it has motivated me to keep exercising and looking after myself more/ finding and taking more time for myself. Thank you.

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Fabulous course and instructor. Really helped take away anxiety/worries about entering a gym and using gym equipment. It gave me more confidence in my ability.

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I came into the course as a complete beginner- never even been to a real gym. I always felt overwhelmed by the equipment and felt that I was going to become an internet meme by using the equipment wrong. After the 6 weeks I have grown in confidence and I have gained the confidence to keep exercising.

Kelly was fantastic, she made us feel welcome. She was incredibly patient, supportive and knowledgeable, showing us how to use equipment, helping us with our posture and always being so encouraging. It was great to talk to woman who experienced the same with perimenopause and menopause. Through the group we shared experiences, laughs, tips... and so much more.



I was anxious about going into a male dominant style Gym setting, But the group and teacher were lovely and I am glad I went along.



Instructor was fab, lovely group of ladies, very accessible course - felt challenged but not so much that I didn't want to go back!



The course was brilliant!  
It was great to talk to other women about menopause issues. Kelly was brilliant.  
The sessions were really good. I loved the exercises. I'm looking forward to signing up for her ongoing course.



Kelly was brilliant and by using her own personal experiences, really put me at ease. I came away feeling more confident and more knowledgeable.



We are grateful for the ongoing support and funding from Taunton Deane West Primary Care Network. Their contribution enables us to offer the course free of charge to local patients. This is of particular significance during the ongoing cost of living crisis when prioritising personal health and wellbeing can often fall to the bottom of the list.