

MENOFIT

The first 6-week MenoFit course has now been completed, and we are excited to share the key insights.

The course included weekly community-based physical activity sessions, as a result of the funding from Taunton Deane West Primary Care Network this removed the cost barrier for participants. We took a holistic approach, using movement to spark meaningful conversations around menopause while fostering a safe space for women to share their experiences.

The aim was to empower women to prioritize physical activity as a means of managing menopausal symptoms. Launched in January, the first course was a resounding success, with participants benefitting from both the physical and emotional support it offered.



	91%	83%	73%	22%	
	Improved or maintained the amount of time they were moving every week.	Improved or maintained their confidence accessing suitable movement opportunities.	Improved or maintained their ability to manage their own health & wellbeing.	Increase in mental health and wellbeing scores.	



Emma - Participant

This course was absolutely brilliant. To meet and share personal experiences with like minded ladies, have a good work out and chat about our daily struggles was just awesome.

Kate - Participant

Really good course, helped me with my mental health and brought back my enjoyment for exercise.

Tamsin - Participant

Really good to be part of this program, exercising with other women experiencing perimenopause or menopause. Supportive and friendly group, with great post exercise discussions. Thanks to Kelly at Spartan Gym for all her energy, enthusiasm and expertise!



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