

## **PRESS RELEASE**

### **Exercise at the menopause**

When you reach your 40s or 50s, you may feel it's time to think about taking more regular exercise. The right kind of exercise can benefit your health in many ways, from lowering your risk of type 2 diabetes and heart disease to reducing mood swings and boosting your energy levels. But what is the right type of exercise for you and how can you get more active in general?

In the Autumn 2017 issue of The Menopause Exchange newsletter, menopause fitness expert Julia Wilmott discusses how exercise can improve the health and wellbeing of menopausal women – and why. She covers the best types of workouts, exercise for relaxation, the 'do's and don't's' and where and when to exercise.

"Exercise doesn't have to be a chore," says Norma Goldman, founder and director of The Menopause Exchange. "It's a case of finding the right activity for you, as if you do something you enjoy you're more likely to do it regularly. You could take up dancing, go to a gym, have a daily walk or try yoga or pilates."

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, pharmacists, dietitians, complementary practitioners etc.

Other articles in the Autumn 2017 newsletter include the perimenopause, continuous combined HRT and digestive problems, as well as recent news and Ask the Experts Q&As.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk). Find us on Facebook and Twitter (@MenopauseExch).

**For more information, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, or e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk).**

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#### **NOTES FOR EDITORS**

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: The menopause at work; Premature menopause; All about vaginal dryness; HRT questions you forgot to ask your doctor; CBT and mindfulness at the menopause; Vegetarian and vegan diets; Ovarian cancer.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives talks on the menopause to employees in the workplace including hospitals, women and women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.
4. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals (e.g. nurses and pharmacists) and complementary practitioners.
5. All press enquiries to Norma Goldman on 020 8420 7245.