

MODEL OF MIDLIFE, MENOPAUSE AND EXERCISE

MIDLIFE FACTORS

PHYSICAL

- Health concerns
- Risk of injury
- Decreasing physicality
- Need to feel good

PSYCHOLOGICAL

- Prioritise others over self
- No time for self-care

SOCIAL

- Caring responsibilities
- Employment responsibilities
- Need connection and belonging

MENOPAUSE FACTORS

PHYSICAL

- Exhaustion
- Weight gain
- Hot flushes and night sweats

PSYCHOLOGICAL

- Anxiety, depression, low mood
- Irritability
- Shame and embarrassment

SOCIAL

- Stigma
- Isolation
- Feel irrelevant

...LEAD TO BARRIERS TO ACTIVITY

CAPABILITY

- Limited view of exercise
- Self-identify as not sporty
- Health issues
- Declining fitness levels
- Lack of energy

OPPORTUNITY

- Embarrassment about weight
- Shame about menopause symptoms
- Exercise spaces not "for" them
- Fear of ridicule
- Access, transport, cost, time
- Limited relevant opportunities

MOTIVATION

- Don't relate exercise benefits to their needs
- Fear of judgement
- Don't think they'll enjoy exercise
- Others' needs come first
- Worried about going alone

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