

What is MenoWell?

MenoWell is our 6-week online evidence-based exercise, nutrition, and health education programme to support women in midlife, women experiencing the menopausal transition, and women living life after menopause. A research study conducted by EduFIT, Dublin City University, Laois Sports Partnership, and Sport Ireland in 2023 showed that MenoWell significantly improves physical performance (including fitness and strength), wellbeing and physical self-efficacy. It also notably reduces bothersome menopause symptoms.

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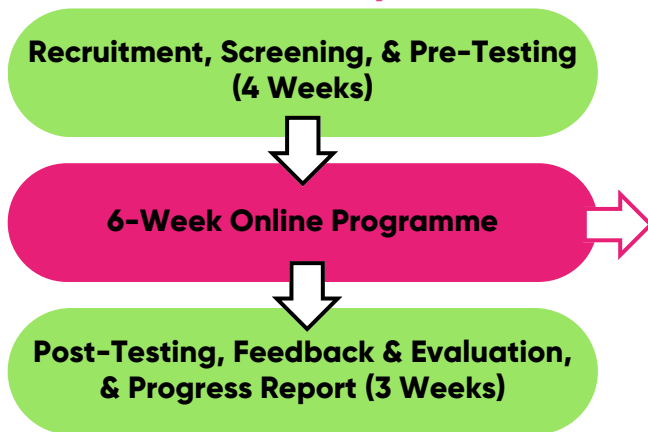
Why did we create MenoWell?

"For 22 years, my team and I have been engaged with women across different life stages in lifestyle and health. We've consistently heard their desire for age- and ability-appropriate, evidence-based, simple, practical, time-efficient, accessible, menopause-specific exercise, nutrition, and health education programmes. We're thrilled to launch this programme, driven by our passion for women's health. We look forward to partnering with you."

Dr Diane Cooper
 Founder and CEO of EduFIT
 Clinical Exercise Physiologist
 Health Researcher



Overview of the MenoWell programme:



The 6-week online programme includes:

- 1 * 30-minute live online women's health and menopause-specific health masterclass per week for 6 weeks.
- 2 * 40-minute live online women's health and menopause-specific exercise classes per week for 6 weeks.
- An on-demand library of pre-recorded women's health and menopause-specific exercise classes and nutrition recipes to support the practical application of the health masterclasses.

The MenoWell Masterclasses:



Week 1: Muscle Matters in Menopause

This masterclass focuses on how to maintain and strengthen your muscles for a strong and healthy body during and after menopause.



Week 2: Nutrition for a Healthy Menopause

This masterclass provides important and practical tips to support nutrition for a healthier lifestyle in all stages of menopause.



Week 3: Healthy Hearts in Menopause

This masterclass explains how to maintain a healthy heart and cardiovascular system during the menopausal transition and post-menopause.

Masterclasses are recorded for on-demand viewing



Week 4: Building Bones in Menopause

This masterclass specifically focuses on how to look after your bone health and how to maintain and build bone mass in all stages of menopause.



Week 5: Sleeping Soundly in Menopause

This masterclass focuses on how to improve your sleep hygiene for a healthy body and healthy mind throughout the menopausal transition.



Week 6: S.E.L.F Care in Menopause

This masterclass discusses the importance of taking time to look after yourself during and after menopause.

The MenoWell Live Online & On-Demand Exercise Classes:



The live online women's health and menopause-specific 'Strength, Tone & Balance' exercise classes improve whole-body muscle and bone strength, muscle tone, the efficiency of muscle movement, and balance. These exercises can be performed using free weights, household items (e.g., water bottles or tinned cans), or body weight only. Participants also have access to a custom on-demand library of exercise classes, allowing them to perform additional training or catch up on missed live exercise classes. The on-demand library includes multimodal, aerobic, strength, flexibility and balance exercise classes of different durations, which have specific benefits for healthy functional ageing and alleviating menopause-related symptoms.

Price: €4295 incl. VAT

As this is an online programme, places are unlimited.

For more information and participant testimonials, please visit www.edufit.ie/programmes/menowell-programme/