



Active Partnerships Menopause Commitment 2026

Active Partnerships are committed to raising awareness of the physical and mental health benefits of an active lifestyle and supporting those who are directly, or indirectly, experiencing the effects and symptoms of perimenopause and menopause.

[Research](#) shows that menopause can have a negative impact on women's participation in physical activity, and that symptoms are a significant barrier, leading to low confidence, capability and motivation.

Active Partnerships are committed to taking positive action within their local areas, and collectively we will:

- ✓ **Raise awareness and educate** about signs and symptoms and the benefits of being active during perimenopause and menopause.
- ✓ **Promote** and normalise conversations internally and externally with partners and stakeholders.
- ✓ **Support and grow our network** of male menopause champions and allies.
- ✓ **Champion inclusive approaches** that amplify diverse voices and experiences, ensuring menopause support is relevant, accessible, and equitable for all women.
- ✓ **Work collaboratively** and facilitate connections to influence the system to remove barriers to being active during menopause.
- ✓ **Support menopause friendly workplaces**, supporting the production of accessible, well-publicised policy or guidance documents for colleagues and line managers.
- ✓ **Share knowledge, expertise, learning and research opportunities**, while signposting to support, resources, and examples of effective practice.