



Media Release

The menopause – how does it really affect a woman’s sport, health and fitness? And what can they do to ameliorate the outcomes? - A call to action!

Menopause Matters, the award winning website and only national menopause print magazine is to work with *The Women’s Sports Network* to produce **MenoMojo**. One in a series of manuals designed to help women & girls find their ‘**MoJo**’ through sport, exercise and wellbeing as they approach and enter life’s changing natural stages – in this case the menopause.

The Women’s Sports Network (WSNet), a not for profit community promoting issues and opportunities around women and sport, already have a series of **MoJoManuals** to help teenage girls overcome some of the many issues they face with competitive sport.

Paul Reynolds, Director of Communications for *WSNet* said: “**MoJoManuals** seemed an excellent platform to look at other pivotal points in women’s lives and of course menopause is a key life stage. However, it appears to still, sadly, be poorly understood by many women, young and old and of course men too. We felt if we wanted to extend our educational reach and produce a wellness **MenoMojo** manual who better to work with than the longest-established specialist menopause print magazine and website, *Menopause Matters*.”

Dr. Heather Currie, Managing Director of *Menopause Matters*, said: “We’re delighted to be able to collaborate with *The Women’s Sports Network*. The work they do reaches out to so many and the opportunity to work with them to help re-engage women with sport and exercise during their menopause is so exciting. Sharing and passing on knowledge that means women can stay fitter, stronger and healthier into later life is what *Menopause Matters* is all about.”

Call for interest - The *Menopause Matters* and *The Women’s Sports Network* team is keen to collaborate with menopause specialists and those researching in the field who may wish to contribute to the *Menopause MoJoManual*, or alert us to areas of interest/research – or act in a steering capacity.

More info here: <http://wsnet.co.uk/WSN-TV/menopause-sport-health-fitness-call-interest-menomatters-wsnet>

In the first instance please make contact by emailing info@wsnet.co.uk or info@menopausematters.co.uk

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For more information on *Menopause Matters* and *The Women's Sport Network* visit menopausematters.co.uk and wsnet.co.uk

Information for editors:

Background to The Women's Sport, Health & Fitness Network

WSNet is a self-funded, cooperative network of groups and individuals working independently as associates and part-time volunteers. It is a not-for-profit community approaching one hundred thousand worldwide. Crystallising the issues & coordinating opportunities around WomenSport & Fitness by working in partnership with commercial/NGOs/educational/Charity organisations to raise the profile of Women's Sport & Sportswomen. Advocating better access to Sport/FITNESS, alleviating gender-bias and empowering women & girls through sport & fitness in their everyday lives.

WSNet relies on contributions/donations from a small group of parents and associates and yet has developed a world-wide network who contribute freely to, and benefit from the general shared IP - giving WSNet the momentum to really change the lives of women & girls in both western and 'third world' communities through sport fitness & health.

Find ALL your WomenSports, Health & Fitness news here – www.wsnet.co.uk/WSNEWS247

Follow us on Twitter: @WSNet

Background to Menopause Matters

Menopausematters.co.uk is an award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Women can find information on what happens leading up to, during and after the menopause, what the consequences can be, what they can do to help and what treatments are available.

Menopause Matters was founded by **Dr. Heather Currie**, MB BS, FRCOG, MRCGP, DRCOG, MRCGP. Associate Specialist Gynaecologist, Dumfries and Galloway Royal Infirmary, Dumfries. Dr Currie is also a trustee and past chair of the British Menopause Society. Contributions to the website and magazine are made from a group of UK-based clinicians who are all specialists in the field of menopause management.

Website: menopausematters.co.uk

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Join in the conversation with our lively Forum: menopausematters.co.uk/forum