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Menopause matters™

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Jo Frost
on family
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How to stay motivated during menopause

A loss of motivation is one of the most common challenges women experience during menopause. Trudi Roscouet has some ideas to help change that feeling.

Changes in hormones can impact energy levels, sleep quality and mood, often leaving women feeling less inclined to exercise or prioritise their health.

What once felt manageable can begin to feel effortful, and this can lead to frustration, inconsistency and, for many, a gradual loss of confidence.

However, motivation is often misunderstood. It is not something that reliably appears before action — it is something that develops as a result of it.



Rethinking motivation

One of the most helpful frameworks for understanding behaviour change comes from James Clear, who highlights the power of small, consistent improvements over time. His concept of improving by just 1% each day offers a more realistic and sustainable approach, particularly during menopause.

Rather than relying on bursts of motivation or drastic lifestyle changes, this approach focuses on building habits that are manageable and repeatable.

This is particularly relevant for women navigating menopause, where extremes — whether in diet or exercise — are rarely sustainable and can often lead to burnout.

The power of small, consistent actions

A more effective approach is to focus on small, achievable actions that can be maintained over time.

This might include:

- incorporating short periods of movement into the day
- increasing protein intake
- prioritising rest and recovery
- spending time outdoors

Individually, these changes may appear minor. However, when repeated consistently, they begin to build momentum.

It is this accumulation of small actions, rather than occasional periods of high motivation, that leads to meaningful and lasting change.

Adapting to a changing body

Menopause represents a significant physiological transition, yet many women continue to apply strategies that were effective in earlier life stages.

When these approaches no longer produce the same results, it can be interpreted as a lack of effort or discipline. In reality, it is often a sign that the body requires a different approach. Reframing menopause as a period of adaptation, rather than decline, allows for a more constructive mindset. The focus shifts from attempting to “fix” the body to learning how to support it more effectively.

Forget doing everything all at once

All-or-nothing thinking can be particularly unhelpful during menopause.

The belief that exercise must be intensive, or that nutrition must be perfect, can lead to cycles of overcommitment followed by disengagement.

A more sustainable approach is to prioritise consistency over intensity. Even moderate levels of activity, when performed regularly, can have a

significant impact on strength, metabolic health and overall wellbeing.

Importantly, maintaining a routine — even at a reduced level — helps preserve the habit of showing up, which is key to long-term success.

The role of social support

Behaviour change is rarely achieved in isolation. Women are more likely to maintain motivation when they feel supported, understood and connected to others with similar experiences. Whether through group exercise, informal walking groups or shared programmes, social connection plays a meaningful role in sustaining engagement.

This is particularly important during menopause, where shared understanding can help reduce feelings of frustration or self-doubt.

Measuring progress differently

Focusing solely on weight can be discouraging, particularly during menopause when physiological changes may alter how the body responds.

Broadening the definition of progress to include improvements in energy, strength, sleep and mood provides a more accurate reflection of overall health.

- **Women are more likely to maintain motivation when they feel supported, understood and connected to others with similar experiences.**





• **Be yourself and remember a 1% shift daily is what can create change. Jump in and reach for what you want – you are not on your own.**

These indicators often improve before visible physical changes occur and can help reinforce continued engagement.

A sustainable way forward

Maintaining motivation during menopause is less about finding willpower and more about creating systems that support consistency.

Small, repeatable actions, combined with a shift in mindset and a supportive environment, provide a far more reliable foundation for long-term change.

Rather than striving for perfection, the focus should be on steady progress – recognising that even modest changes, applied consistently, can have a significant cumulative effect.

Just to remind you...

If you're struggling with motivation right now, you are not alone.

Menopause has a way of shifting everything – your energy, your sleep, your body, even your confidence. What used to work suddenly doesn't, and it's very easy to fall into the trap of thinking, "What's the point?" But here's the truth: motivation isn't where this starts.

Stop waiting to feel motivated

So many women believe they need to feel ready before they take action. In reality, it's the opposite. You take action first – and motivation follows.

This is where the work of James Clear is so relevant. His concept of improving by just 1% each day is simple, but incredibly powerful. Because during menopause, you don't need a complete overhaul. You need something you can actually stick to.

Think 1%, not 100%

Instead of trying to change everything, ask yourself:

- Can I move my body for 10 minutes today?
- Can I add a bit more protein to my meals?
- Can I get outside for some fresh air?
- Can I go to bed a little earlier?

These are not big, dramatic changes. But they are realistic. And that's the point. Small actions, done consistently, build momentum. And momentum is what keeps you going – not bursts of motivation.

Reframe what's happening

Menopause is often treated like something to "push through" or "fix." But what if we saw it differently? This is a transition. Not a failure.

Your body is changing, and it needs a different approach – not more pressure, more restriction, or more punishment.

Instead of thinking: "I've lost my fitness" Try: "I'm learning how to support my body differently now". That shift alone can change everything.

Let go of all-or-nothing thinking

This is one of the biggest barriers I see. Women feel they need to:

- train hard
- eat perfectly
- be consistent every day

And if they can't do all of that, they do nothing. But menopause doesn't work well with extremes. If you're tired, stressed, or not sleeping properly, pushing harder often backfires.

Doing something – even if it's small – is always better than doing nothing. Consistency beats intensity. Every time.

Don't do it alone

This is a big one. Trying to stay motivated on your own is hard. But when you're surrounded by women going through similar things, everything shifts. You show up more. You feel understood. You stop feeling like it's just you.

Whether it's a class, a group, or even just one friend who wants to walk, train or reset with you — having that shared journey makes a huge difference.

Focus on how you feel

If your only measure of progress is the scales, you're going to get frustrated. During menopause, your body doesn't always respond in a linear way.

But look at what else is changing:

- Are you feeling stronger?
- Sleeping better?
- More energised?
- Less anxious?

These are the real wins. And they matter far more than a number.

Start small. Stay consistent. Keep going.

You don't need to do everything. You just need to do something — regularly. That 1% shift, repeated daily, is what creates change. Not perfection. Not extremes. Just consistency.

Final thought

Motivation will come and go. That's normal. But if you can build small habits, reframe your mindset, and surround yourself with the right support, you will keep moving forward — even on the days you don't feel like it. And that's where real change happens. **MM**

Trudi Roscouet is the founder of Eve Studios, a women-only fitness and wellbeing space based in Jersey. She is a women's health and menopause coach, offering personal coaching, group programmes and corporate presentations focused on supporting women through hormonal change and long-term health.

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You Don't Have To "Just Put Up With" Menopause

- Poor sleep • Anxiety • Low confidence
- Feeling unlike yourself

Menopause can affect every part of life – physically, emotionally and mentally. At The Menopause Wellness Centre, Sharon Clapp (who has lived experience) provides supportive, practical menopause wellbeing guidance designed to help women better understand what they are experiencing and regain confidence in themselves again.

With additional CPD training in GLP-1 weight loss support and the importance of strength training in later life, support is focused not just on menopause symptoms, but on helping women build long-term wellbeing, confidence and resilience.



Through coaching, movement and personalised support, women are helped to:

- feel more in control
- improve wellbeing
- rebuild confidence
- better understand body changes
- support healthy ageing and strength

Menopause support with understanding, empathy and practical guidance. Book a FREE discovery call

A relaxed, no-pressure conversation to explore how support could help you. **MM**

- Supportive • Personal • No judgement • Evidence-informed guidance.
- www.menopausewellnesscentre.com**
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