The World Health Organization (WHO) defines physical activity ‘as any bodily movement produced by skeletal muscles that requires energy expenditure’.

**Benefits of physical activity**
The benefits of an adequate level of physical activity include:
- maintaining a healthy body weight
- reducing the risk of cardiovascular disease
- reducing the risk of type 2 diabetes
- reducing the risk of cancer
- improving bone and muscle health
- reducing the risk of fractures
- improving mental health
- improving quality of life

**Physical activity and the menopause**
- Evidence is conflicting regarding the benefits of exercise on menopausal hot flushes.
- Randomized controlled trials with digital 24-hour recording of vasomotor symptoms and physical activity are required.

**Further information**

**Berin et al. (2019) Resistance training for hot flushes in postmenopausal women: A randomized controlled trial**
https://doi.org/10.1016/j.maturitas.2019.05.005

**Daley et al. (2015) The effectiveness of exercise as treatment for vasomotor menopausal symptoms: randomised controlled trial**
https://doi.org/10.1111/1471-0528.13193

**World Health Organization. Physical activity**
https://www.who.int/news-room/fact-sheets/detail/physical-activity

Insufficient physical activity is associated with a 20–30% increased risk of death compared with people who are sufficiently active.