

women walking 4 health

Promoting a Healthy Lifestyle During the Menopause and Postmenopause Phases by Advocating for the use of Walking

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Control Sheet

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Partners

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EXECUTIVE SUMMARY

1. Introduction. About the WomenWalking4Health Project

WomenWalking4Health is an 18-month EU-funded project aiming to promote a healthy lifestyle for women during the menopause and postmenopause phases by advocating for the use of walking as a form that can enhance their level of physical activity for both physical and mental well-being.

WomenWalking4Health project will focus on analyzing the main constraints that could discourage women from participating in walking programs for more physical activity during the menopausal and postmenopausal transition periods, in partner countries, and generally in place in Europe. Based on the key elements that will be identified, a manual for trainers will be developed, describing the details of the training for women during the menopausal and postmenopausal transitions. This objective will practically frame the intervention and describe the process, the tools, and the potential audience.

WomenWalking4Health project prioritises the development and delivery of walking and motivational techniques that will help to overcome the constraints of inactivity and ultimately increase the physical activity levels of women experiencing menopause and postmenopause.

2. Implementation Progress

2.1 Purpose and scope

This report details the progress and achievements of the Women Walking 4 Health project during its initial nine-month implementation phase (Month 1 - Month 9, 2024). It serves to validate our initial strategy, demonstrate tangible impact, and outline the foundational work completed to ensure the project's long-term success.

The document is structured to provide a clear comparison between planned and actual activities, followed by the key results and outputs delivered across our four core pillars: Communications & Outreach, Community Engagement & Partnerships, Research & Data Collection, and Walking Leader Resource Development.

3. Main body of the deliverable

3.1 public the project management procedures.

Women Walking 4 Health project began with a clear and simple goal. We want to help women, especially those going through menopause, make walking a regular part of life. The project launched with an inspiring 1.5-day kick-off meeting in February in Thessaloniki, Greece, hosted by Physis Outdoor Training. Over these productive days, we successfully defined our vision,

completed the roadmap for implementation, and strengthened collaboration among consortium members. Following this launch, we established our primary communication channels. We set up a project website as the main place for information and a Facebook page for quick updates. The website hosts news, events, and downloads such as the Walking Leader Manual, while Facebook lets us share short tips, safety advice, and invites to activities, keeping things friendly and practical. From the start, this project is a collaborative effort, with all partners essential to its implementation. This extends to our communications strategy, where each consortium member actively spreads our message by sharing project content on their respective social media channels, including Facebook, Instagram, and LinkedIn, and linking back to our official website. This team effort reaches coaches, physical education teachers, health professionals, people in cities and tourism, and most importantly women, especially those going through menopause who want simple and realistic ways to move more. Sharing the same key messages across many pages keeps our story clear and visible.

We ran two short questionnaires. The first asked about what makes walking hard, such as symptoms, limited time, feeling unsafe, or not having company. The second asked what helps women keep going, such as clear health goals, supportive groups, pleasant and safe routes, flexible timing, and simple technology like trackers. The insights from these surveys shaped our training approach in a co-creation lab. We prepared a report that connected our project goals to the needs identified in the questionnaires. This ensures the Walking Training Manual addresses real challenges and is built on what truly helps women stay active. This process also provides a shared plan, aligning our website articles, social media posts, and event presentations with the same core guidance.

The Women Walking 4 Health Manual for Instructors explains the health benefits of walking, shows how to plan safe and flexible sessions during menopause, and covers route planning, readiness and safety checks, special considerations, leader roles, and simple weekly plans with stretching. We informed people at conferences, through partner pages, and on our channels about the manual, and we invited instructors to try it with local groups and tell us what works.

In May 2025 we spoke at the 33rd International Congress of Physical Education and Sport at the Democritus University of Thrace on a roundtable about sport, tourism, and active mobility in green cities. We explained how walking supports health and better cities, and we introduced Women Walking 4 Health to many academics and practitioners. Additionally, Women Walking 4 Health was presented at a seminar hosted by the Union of Gymnasts of Northern Greece, as part of the section dedicated to European projects and Erasmus+ Sport. The presentation showed how the initiative turns strong research into clear, practical strategies that instructors and community leaders can use right away to support women’s health through physical activity. The session attracted strong interest, leading to new connections, requests for materials, and wider sharing through partner networks. Feedback was very positive, with many participants ready to start similar efforts in their own communities. This momentum led to further conversations about

working together, exchanging ideas, and the broader value of helping women thrive through movement and sport.

On 31 August 2025 we held an open event in Polygyros in Chalkidiki in Greece. We presented the project, explained the benefits of regular walking, and invited local people to take part. Many women and supporters spoke with our team, learned how to walk safely during menopause, and signed up for updates. Photos and short stories from the day worked well on social media and brought more interest from the region.

We hosted a networking meeting in Vienna with international and local partners, where we presented our progress and key results to date. We shared a simple summary of the barriers and the enablers that affect walking for women in menopause, and we presented the Women Walking 4 Health Manual for Instructors, its structure, tools, and how to use it.

We manage the project through a simple and open structure. Physis Outdoor Training coordinates the daily work and looks after planning, timelines, and reporting. Each partner in the consortium has a named person for communication, events, research, and training tasks. We meet on a regular schedule online and we keep short notes and action lists after each meeting so that responsibilities and due dates are clear.

Our work is organized into weekly and monthly actions. Weekly, we handle tasks like posts, site updates, and event planning. Monthly, we review our overall progress, check for risks, and shift priorities as needed. We use a living plan to track who is doing what, by when, and its status. All changes to the project's timing or scope are discussed in the monthly meeting and recorded so the whole team is always up to date.

Quality checks are part of the workflow. Research outputs and public materials are reviewed by at least one partner who did not write them. We check accuracy, clarity, and fit with the project messages. Content that includes health guidance is reviewed by a qualified person.

Communication and data procedures are simple. We use a shared folder for documents and a common calendar for key dates. We agree with the messages for major announcements in advance and we provide partners with a short sharing kit with sample text and simple visuals. Surveys follow basic data protection rules and use anonymous or consent-based collection. We share findings in summary form and do not publish personal details.

Monitoring and evaluation use a small set of indicators. We track website visits, social media reach, engagement, the number and type of events, and interest in walking groups. For training, we plan to have an online "train the trainer" that will educate the trainers with objectives that they have to use for their training. For walking training impact, we will run a short follow-up survey to see whether the intervention helps women and what changes they notice in their walking habits and well-being.

These procedures help us stay flexible. They support clear communication across the consortium and steady improvement as we move into the next phase of training, delivery, and evaluation.

4. Conclusions

In conclusion, Women Walking 4 Health has moved from setup to steady action, showing that a simple multi-channel approach with evidence based content and active partner support can build real momentum. The Manual for Instructors now anchors practical adoption, while events and community touchpoints have grown trust and participation. The next steps are to train the trainers, implement walking training with women, and carry out a survey to evaluate whether the intervention is helpful and to refine the program.