

women walking 4 health

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

Work Package 1: Project management and coordination

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Control Sheet

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Partners

Name of Partner	Short Name	Country
PHYSIS Outdoor Training	PHYSIS	Greece
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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

The purpose of this report is to present a clear overview of partner cooperation, internal coordination, quality assurance processes, and risk management within the Women Walking 4Health project. More specifically, it focuses on how the consortium monitored implementation, maintained the quality of activities and deliverables, and responded to operational challenges during the WP4 Walking Training Implementation Phase.

The scope of the report covers the practical organization of WP4 activities, including the coordination of walking sessions, the standardization of trainer practice, the collection of implementation-related feedback, and the monitoring of participant well-being, mood, endurance, and overall experience.

3. Main body of the deliverable

3.1 Partners' Cooperation and Strategic Meetings.

Partner cooperation during the reporting period was strong, consistent, and constructive. Since October, the consortium has **held two online strategic meetings** specifically related to the implementation of WP4. These meetings played an important role in supporting coordination across countries, ensuring common understanding, and enabling timely decisions on

implementation matters. Each online meeting included at least one designated representative from each partner organization. This ensured full representation of the consortium in the decision-making process. In addition, the screenshot included in Appendix 5.2 shows that one of the meetings involved seven visible participants, suggesting a broader level of engagement beyond the minimum required representation.

The **first online meeting** focused mainly on the practical implementation of WP4. During this discussion, partners reflected on the consistency of delivery across countries and highlighted the importance of the trainer-participant relationship as a key factor for participant engagement and retention. The consortium recognized that retention is closely linked to trust, encouragement, and personalized support during the sessions. For this reason, partners agreed to reinforce a common protocol for all walking training sessions, consisting of a welcome and health check before the session, a pulse and mood check during the session, and a feedback discussion at the end. These steps were introduced in order to improve safety, strengthen participant support, and allow trainers to gather useful feedback for ongoing improvement.

The **second online meeting** concentrated on risk management and evaluation. Partners reviewed how the agreed mitigation measures were functioning in practice, especially in relation to adverse weather, health-related concerns, and participant demotivation. The discussion also addressed whether any workarounds had been needed and confirmed the importance of applying flexible solutions in a consistent way across partner countries. In the same meeting, the consortium reviewed the Post-Training Evaluation Questionnaire and agreed that it should remain short, accessible, and easy for participants to complete, while still allowing the collection of meaningful feedback through both closed and open-ended questions.

In addition to these scheduled meetings, partners remained in regular contact through a WhatsApp group used for operational communication. This tool made it easier to respond quickly to practical issues such as changing weather conditions, route adaptations, attendance follow-up, and immediate implementation questions. As a result, it helped reduce delays and supported smoother day-to-day coordination.

From a cooperation perspective, the reporting period was marked by a positive and productive working climate. Partners demonstrated commitment to the aims of WP4 and a shared sense of responsibility for the quality of implementation. Their exchanges showed genuine attention to participant needs, including safety, motivation, retention, and adaptability of activities. No tensions, communication problems, or partnership-related difficulties were reported during the meetings or through routine communication channels.

Regarding financial implementation, no issues were reported by any partner in relation to the allocation or use of the EU grant. According to the information presented in the deliverable, project spending was progressing in line with the agreed work plan and the consortium's internal monitoring arrangements. No financial issue affecting implementation or cooperation was identified during the reporting period.

3.2 Quality of Work and Deliverables Assurance

The consortium placed strong emphasis on maintaining the quality of both project activities and deliverables. Quality assurance was supported through peer review, partner feedback, and an ongoing process of reflection and improvement. Deliverables were prepared collaboratively and reviewed across the partnership in order to ensure that they were accurate, relevant, and applicable in all participating countries.

At the same time, trainers collected practical feedback during the walking sessions, particularly regarding participants' mood, endurance, and possible adjustments to the sessions. This feedback was used as an additional source of information for monitoring implementation quality and refining the training approach where necessary.

3.3 Issues Faced and Mitigation Strategies

The main challenge identified during this reporting period was related to weather conditions, especially in Austria and Slovakia. Periods of heavy rain and unstable weather created difficulties for the smooth implementation of walking sessions and raised concerns about possible disruptions to the training schedule and participant motivation.

To address this issue, the consortium adopted a flexible mitigation strategy by expanding the number of available training days. Participants were allowed to complete their walking training on six days per week, from Monday to Saturday. This provided greater flexibility for rescheduling missed sessions and helped reduce the negative effect of poor weather on programme continuity.

3.4 Risk Management

Risk management remained an important part of the implementation process throughout the reporting period. The consortium monitored relevant risks on an ongoing basis and worked to ensure that practical mitigation measures were in place whenever needed.

Health-related risks and the risk of participant dropout were addressed through the reinforced three-step trainer protocol. This included a check before the session, a pulse and mood check during the session, and a feedback discussion afterwards. These measures helped trainers identify potential problems at an early stage and respond more effectively to participants' physical and emotional needs.

Operational risks related to differences in local conditions, particularly weather, were managed through flexible scheduling and regular communication among the partners. This approach supported the adaptability of the WomenWalking4Health methodology and helped ensure that implementation remained stable across different national contexts.

4. Conclusions

Overall, the WP4 Walking Training Implementation Phase progressed in a positive and well-coordinated manner during the reporting period. The two online strategic meetings enabled the partners to exchange updates, discuss implementation quality, review risks, and agree on practical decisions in a timely way. All three partner organizations were represented in the coordination process, and the appendix provides visual evidence of wider participation in at least one documented meeting. No on-site strategic meetings were reported for this period.

The partnership remained motivated, cooperative, and aligned in its approach to WP4 delivery. Communication worked well, both through formal meetings and through day-to-day contact in the shared WhatsApp group. No partner-related issues or conflicts were identified, and the general cooperation climate remained positive throughout the reporting period.

Although weather conditions created some operational challenges, the flexibility measures introduced by the consortium helped ensure continuity of activities and supported participant retention and safety. Quality assurance remained an active part of implementation through peer review, trainer feedback, and continuous reflection on practice.

Finally, no issues were reported in relation to the allocation or use of the EU grant. Financial implementation continued according to the agreed plan and internal monitoring procedures. Taken together, these elements suggest that the project remained on track and that the partnership provided a solid basis for the continuation of activities and future reporting.

5. Appendix

5.1 Women Walking 4Health Trainer's Session Checklist

(To be printed and utilized by walking trainers in all partner countries)

Phase 1: The Welcome (Pre-Session)

[ ] Greet each participant individually as they arrive.
[ ] **Ask:** "Are you experiencing any physical pain, health issues, or fatigue today?"
[ ] **Ask:** "Is there anything on your mind that is affecting your motivation today?"
[ ] Adjust the starting pace based on the group's overall readiness.

Phase 2: The Pulse Check (Mid-Session)

[ ] Pause the group halfway through the planned route.
[ ] **Ask:** "How is everyone's mood and energy level right now?"
[ ] **Ask:** "How is your physical endurance? Is the pace too fast, too slow, or just right?"
[ ] Modify the return route or pace if participants show signs of overexertion.

Phase 3: The Wrap-Up (Post-Session)

[ ] Gather the group for a 5-minute cool-down discussion.

[ ] **Ask:** "How would you describe your experience during today's session?"

[ ] **Ask:** "Do you have any suggested modifications for our next walk (different route, different time, longer/shorter distance)?"

[ ] Note any important feedback to share with the project management team.

5.2 Screen Shot from Partners' Online Meeting

