

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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PHYSIS Outdoor Training	PHYSIS	Greece
ACTIVE Austria	ACTIVE	Austria
OTI Slovakia	OTI	Slovakia

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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. Evaluating the effectiveness and impact of walking training intervention

2.1 Purpose and scope

The **purpose** of this summary is to present the main activities, objectives, participation, and outcomes of the **Women Walking 4 Health** event that took place on **Sunday, 31 August, in Polygyros, Halkidiki**. The summary documents how the event was organised and implemented within the framework of the European Erasmus+ project **Women Walking 4 Health**, coordinated by **Physis Outdoor Training**.

The **scope** of this summary includes a description of the event's proceedings, the participation of women, men, local authorities, organisations, volunteers, and community members, as well as the key messages delivered during the event. It also presents the educational and awareness-raising components of the activity, including information about menopause and postmenopause, the benefits of walking training, and the importance of adopting an active lifestyle at every stage of life. This summary also records the practical elements of the event, such as the **5 km walking activity**, the distribution of project gifts and informational material, and the use of project-branded items including backpacks, hats, T-shirts, and leaflets. These materials supported the dissemination of the project's aims and provided participants with useful information about the support offered during and after the completion of the project.

Furthermore, the summary highlights the event's contribution to health promotion, women's empowerment, social inclusion, and community engagement. It reflects the positive response of participants and stakeholders and demonstrates how the **Women Walking 4 Health** project supports menopausal and postmenopausal women in becoming more physically active through walking.

Overall, the purpose and scope of this document are to provide a clear and structured record of the event, its objectives, its implementation, and its impact on participants and the wider local community.

3. Country-specific Open Street event

3.1 Physis Outdoor Training. GREECE

The Women Walking 4 Health event took place on Sunday, 31 August, in Polygyros, Halkidiki, transforming the town into a meeting point for health promotion, physical activity, empowerment, and community participation. The event was organised within the framework of the European Erasmus+ project Women Walking 4 Health, coordinated by Physis Outdoor Training**,** with the aim of promoting walking as a safe, accessible, and effective form of physical activity for menopausal and postmenopausal women.

The main purpose of the event was to raise awareness about the importance of regular physical activity during menopause and postmenopause, life stages during which many women may face physical, emotional, and social challenges. Through the event, the project aimed to encourage women who may have hesitated to begin exercising to take a positive first step towards a more active lifestyle. Walking was presented as a simple, enjoyable, and inclusive activity that can be easily integrated into daily life, requiring no special equipment other than comfortable shoes and personal motivation.

Participants gathered in Polygyros in a friendly and welcoming atmosphere. Women and men of different ages joined the event, creating a strong sense of community and support. The central activity of the event was a 5 km walk, which symbolised movement, health, confidence, and togetherness.

At the beginning of the event, participants were welcomed and informed about the objectives of the Women Walking 4 Health project. The project team presented the importance of walking training for women during menopause and postmenopause and explained how regular walking can contribute to improved physical and mental wellbeing. Participants were informed that walking may help improve cardiovascular fitness, strengthen muscles and bones, support weight management, improve mood, reduce stress, enhance self-confidence, and contribute to healthier ageing.

Special attention was given to menopause and postmenopause as important periods in a woman's life, during which physical activity can play a key role in maintaining health and quality

of life. The event highlighted that walking is not only a form of exercise, but also a practical tool for prevention, empowerment, and social connection. Through this message, the project encouraged women to view physical activity as a source of strength, independence, and wellbeing.

All women participants received project gifts, including backpacks, hats, T-shirts, and informational leaflets. These materials included the Women Walking 4 Health project logo, contributing to the visibility and dissemination of the project. The leaflets provided useful information about the menopause and postmenopause phases, the aims and activities of the project, and the support available to women both during the project and after its completion. Through these materials, participants were encouraged to continue engaging with the project and to maintain walking as part of their daily lives.

The event was honoured by the presence of the Mayor of Polygyros, Giorgos Emmanouil**, and** Member of Parliament Giannis Giorgos**,** who addressed the participants. Their presence demonstrated the support of local authorities for initiatives that promote health, prevention, active ageing, and community wellbeing. In their speeches, they underlined the importance of remaining physically active at every stage of life and encouraged participants to embrace walking as an inclusive and beneficial activity.

During the event, inspiring stories were also shared by women already experiencing menopause. These personal testimonies added an important emotional and motivational dimension to the event. The women spoke about their experiences and encouraged others to recognise the value of physical activity during this stage of life. Their stories helped participants understand that menopause should not be seen as a barrier to exercise, but as an opportunity to focus on health, self-care, and personal empowerment.

The practical part of the event focused on participation in the 5 km walking route. Participants walked together at a comfortable pace, enjoying the shared experience of movement and companionship. The route created an opportunity for women to feel supported, motivated, and part of a wider community. The activity demonstrated that walking can be both effective and enjoyable, especially when performed in a safe, organised, and supportive environment.

The main goal of the event was to encourage menopausal and postmenopausal women to adopt walking as a regular form of physical activity. At the same time, the event aimed to inform the wider community about the importance of supporting women's health and wellbeing during menopause and postmenopause. It also promoted the idea that walking can be used as a low-cost, accessible, and sustainable activity that benefits individuals, families, and communities.

The event also had a strong social and educational character. By combining physical activity, information, personal stories, and community support, Women Walking 4 Health showed that health promotion can be both practical and inspiring. The event created a positive example of how local communities, organisations, volunteers, and public authorities can work together to support women's health and encourage active living.

3.1.1. Feedback

The event received very positive feedback from participants, local authorities, organisations, and volunteers. Participants appreciated the welcoming and supportive atmosphere, the opportunity to take part in an organised walking activity, and the useful information provided about menopause, postmenopause, walking training, and the wider objectives of the project.

The project gifts, including backpacks, hats, T-shirts, and informational leaflets, were also positively received by the women participants. These materials helped strengthen the identity of the event and reminded participants of the project's message and continued support. The informational leaflets were especially valuable, as they provided accessible knowledge about menopause and postmenopause, while also explaining how the project supports women during and after its implementation.

Women, men, local authorities, and community representatives recognised the importance of initiatives that encourage physical activity and raise awareness about women's health. The participation of women who shared their personal experiences was particularly appreciated, as it created a strong sense of encouragement and empowerment.

All involved parties agreed that events such as Women Walking 4 Health are very important because they promote physical activity, encourage healthy habits, support women during important life stages, and create opportunities for social connection. The event successfully showed that walking can be more than a form of exercise; it can become a tool for health, confidence, empowerment, and community participation.

Overall, the event demonstrated that Women Walking 4 Health is more than a single walking activity. It is a movement that promotes active, healthy living at every age and encourages women to take care of their bodies, minds, and wellbeing through walking (Pictures 1, 2, 3, 4, 5, 6 and 7).

Picture 1. Starting Point



Picture 2. Mayor of Polygyros



Picture 3. Participants



Picture 4. Member of Greek Parliament



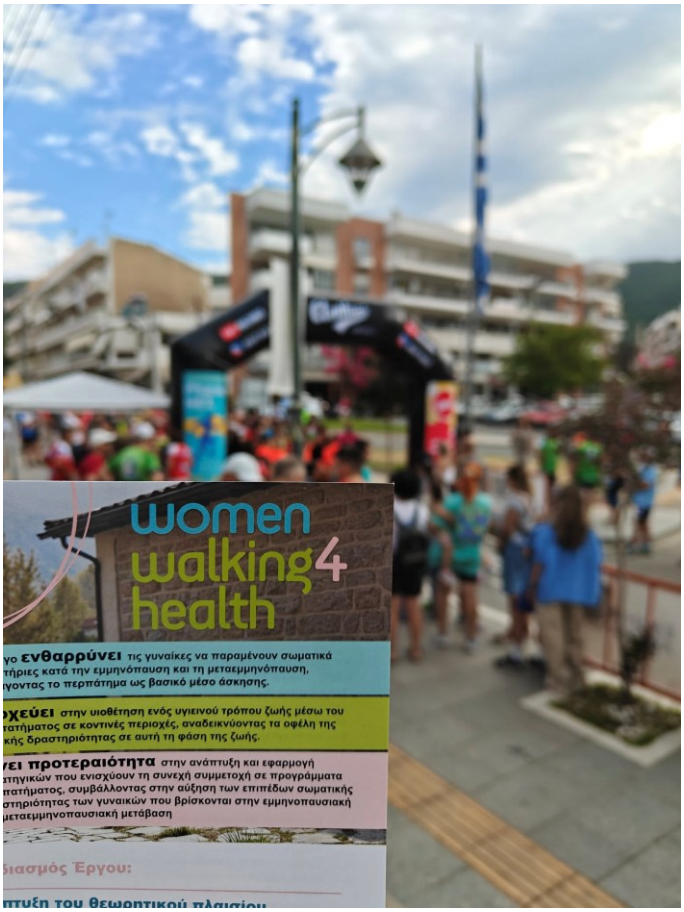
Picture 5. Info and Gifts Point



Picture 6. Participant



Picture 7. Leaflet and start point



3.2. OTI Slovakia. SLOVAKIA

On 13 June 2026, OTI Slovakia organised the Slovak WomenWalking4Health Open Street Event in cooperation with KST Košičan during the 20th Club Day of KST Košičan. The event brought together 54 participants, predominantly women in menopause and postmenopause, together with several accompanying family members and male participants who supported the initiative. The event aimed to promote walking as an accessible and enjoyable form of physical activity while strengthening social connections, encouraging healthy lifestyles, and raising awareness about the importance of regular movement during menopause and postmenopause.

The event took place in the beautiful natural surroundings of the Horehronie region along the route Prameň Hrona – Chmarošský Viaduct – Tri Mosty – Pod Ždiarom – Telgárt – Koliba pod Kráľovou hoľou. The route combined comfortable forest paths, scenic countryside, and cultural landmarks with a moderate elevation profile (+405 m / –453 m). The selected route provided participants with an enjoyable walking experience while remaining suitable for recreational walkers. Regular breaks allowed participants to recover, admire the surrounding landscape, and engage in informal conversations, reinforcing the project's philosophy that walking should remain a pleasant, social, and sustainable activity rather than a competitive challenge.

The event was organised in partnership with KST Košičan, one of the long-established local clubs affiliated with the Slovak Tourist Club (Klub slovenských turistov). The club has many years of experience organising walking activities, educational excursions, and outdoor events promoting healthy lifestyles and responsible use of natural environments. Their involvement ensured excellent route preparation, participant safety, and a welcoming atmosphere throughout the event. Cooperation with an established local walking community also demonstrated how existing community organisations can become valuable partners in promoting physical activity among middle-aged and older women.

Walking remained the central activity throughout the day. Participants were encouraged to walk at a comfortable pace that suited their individual fitness levels while enjoying the surrounding nature and cultural attractions. The varied route passed several well-known landmarks, including the Source of the Hron River, the historic Chmarošský Viaduct, one of the most iconic railway viaducts in Slovakia, and the picturesque surroundings of Telgárt, offering participants both natural beauty and local cultural heritage. The combination of movement, sightseeing, and social interaction helped maintain participants' motivation and demonstrated that regular walking can become an enjoyable leisure activity integrated into everyday life.

During the event, OTI Slovakia actively disseminated the WomenWalking4Health project. Participants received printed project leaflets and information materials explaining the objectives of the Erasmus+ Sport project, the health benefits of regular walking during menopause and postmenopause, and practical recommendations for maintaining an active lifestyle after the programme. The organisers also introduced the project outcomes, including the educational materials developed for women and the practical guide designed for future walk leaders and instructors wishing to organise similar activities within their communities.

An important part of the event involved collecting dissemination material for the project. Several testimonial videos and photographs were recorded during and after the walk, allowing

participants to share their personal experiences and reflections. Many women described how participating in the WomenWalking4Health programme had encouraged them to walk more regularly, increased their confidence to stay physically active, and helped them discover new friendships through group walking. Others highlighted that the programme had changed their perception of walking from an occasional activity into an important part of their weekly routine that supports both physical and emotional wellbeing.

Beyond promoting physical activity, the Open Street Event successfully strengthened cooperation between the WomenWalking4Health project and existing local walking communities. The event demonstrated that recreational walking can easily be integrated into community initiatives organised by local clubs and associations, making it easier to reach new participants while encouraging long-term sustainability beyond the lifetime of the Erasmus+ project.

Overall, the Slovak Open Street Event successfully combined health promotion, outdoor recreation, cultural discovery, and community engagement. The event clearly demonstrated that walking represents an accessible, affordable, and socially rewarding form of physical activity that can support healthier lifestyles among women during menopause and postmenopause while simultaneously encouraging social participation and stronger community networks.

3.2.1. Feedback

Feedback collected during the event was overwhelmingly positive. Participants particularly appreciated the opportunity to spend time outdoors in an attractive natural environment while walking together at a comfortable pace. Many women highlighted that the relaxed atmosphere allowed everyone to participate regardless of their previous walking experience or physical fitness, making the activity enjoyable rather than demanding.

The scenic route was frequently mentioned as one of the strongest aspects of the event. Participants enjoyed discovering places they had never visited before, especially the surroundings of the Chmarošský Viaduct and the Source of the Hron River. The combination of nature, cultural landmarks, and opportunities for conversation made the walk feel engaging and motivating throughout the day.

Participants also valued the opportunity to learn more about the WomenWalking4Health project through the printed materials and informal discussions with the organisers. Several women expressed interest in continuing regular group walks after the event and welcomed the practical recommendations provided for maintaining physical activity during menopause and postmenopause. Many commented that walking in a supportive group increased their motivation and made them feel more confident to remain active in everyday life.

The testimonial interviews further confirmed that participants perceived walking as a realistic, enjoyable, and sustainable form of exercise that positively contributes to physical health, emotional wellbeing, and social connectedness. The event demonstrated that cooperation with established local walking organisations such as KST Košičan provides an excellent opportunity to promote active ageing, strengthen community engagement, and encourage long-term participation in recreational walking beyond the duration of the project.

Picture 1: Participants at the beginning of the walk with WW4H brochures



Picture 2: During the walk



Picture 3: End of the event



3.3. ACTIVE Austria. AUSTRIA

On 24 June 2026, ACTIVE Austria organised the Austrian WomenWalking4Health Open Street Event at Zirkuswiese in Vienna's Prater. The event was designed as an open, low-threshold outdoor activity that introduced walking as an enjoyable and realistic way to include more movement in everyday life. While the project particularly addresses women during menopause and postmenopause, the event was open to the wider public in order to raise awareness, encourage supportive conversations, and show that walking can bring together people with different ages, experiences, and activity levels.

Zirkuswiese was selected carefully as the event location. As temperatures were particularly high that day, the green surroundings, mature trees and nearby water fountains created a more comfortable setting than a built-up urban space. Participants could take breaks in the shade, cool down, refill their water bottles and enjoy the event at their own pace. The setting reflected an important message of the project: nearby outdoor environments can make physical activity more accessible, flexible and pleasant, even during warmer periods.

Walking was the central activity of the day. Participants and interested visitors joined a relaxed group walk around the Prater, with no pressure to complete a fixed distance or maintain a particular speed. The route was intentionally simple and non-straining, allowing people to talk, take breaks and enjoy the park while moving together. This demonstrated that walking does not need to be intensive or highly structured in order to become a meaningful health-enhancing activity. It can be adapted to individual fitness levels and integrated into daily routines without special equipment, expensive memberships or previous sports experience.

During the event, participants received project brochures with information on the benefits of regular walking. The materials and informal conversations highlighted walking as a low-impact activity that can support physical wellbeing, mobility, mood, stress reduction and social connection. Particular attention was given to its relevance for women during menopause and postmenopause, for whom accessible and moderate forms of activity may be especially valuable. The event created an approachable space in which people could ask questions, exchange experiences and consider how short or regular walks could fit into their own lives.

Alongside the group walk, a range of informal sports activities was available at Zirkuswiese, including beach volleyball, table tennis, boccia and badminton. These activities helped create a lively and welcoming atmosphere and gave participants additional opportunities to be active after the walk. The combination of walking and light recreational sports also showed that movement can be social, flexible and enjoyable rather than something limited to formal training sessions.

An informal picnic developed at the end of the walk, giving participants time to sit together, share food and continue conversations about walking, sport and everyday wellbeing. This part of the event became an important element of the overall experience. It transformed the activity from

a simple sports session into a relaxed community gathering, where participants could connect with one another in an open and supportive environment.

The event reflected the international character of Vienna. Participants included people from Austria as well as the United Kingdom, South Africa, India, Slovakia and other backgrounds. This diversity contributed to a welcoming atmosphere in which people could join without needing to know anyone in advance or have previous experience with the activities. It also showed how walking can act as a simple shared activity that supports inclusion, exchange and community participation.

Overall, the Austrian Open Street Event successfully combined health promotion, outdoor activity and informal social connection. By placing walking at the centre of a varied and accessible day in the Prater, ACTIVE Austria demonstrated how public green spaces can encourage people to move more, spend time outdoors and experience physical activity as a positive part of everyday life.

3.3.1. Feedback

Feedback from participants was very positive. The relaxed format of the event was particularly appreciated, as people could join the walk and other activities without feeling pressure to perform or compete. Participants enjoyed the simple walking route through the Prater, the opportunity to move at a comfortable pace, and the fact that the event was adapted to the hot weather through the shaded park setting and access to water fountains.

The variety of activities was also well received. Beach volleyball, table tennis, boccia and badminton created additional opportunities for people to take part in sport according to their interests and energy levels. Participants appreciated that walking remained the main focus while the other activities made the event feel lively, informal and open to everyone.

The spontaneous picnic at the end was especially valued because it encouraged people to stay, talk and get to know each other after the physical activities. Participants described the atmosphere as friendly, light and inclusive. The international mix of attendees further strengthened this feeling, as people from different countries and backgrounds were able to connect through a shared interest in movement, health and time outdoors.

The event showed that walking can be promoted effectively through simple, welcoming and community-based activities. It offered a practical example of how accessible outdoor spaces, social interaction and low-impact exercise can support motivation for more regular physical activity, particularly among women during menopause and postmenopause

Picture 1. Picnic & atmosphere



Picture 2 & 3. Participants, brochures & Open games





4. Conclusions

The Women Walking 4 Health Open Street Events in Greece, Slovakia, and Austria successfully demonstrated the value of walking as a safe, accessible, inclusive, and sustainable form of physical activity for menopausal and postmenopausal women. Although each event was adapted to its local context, all three activities shared the same core purpose: to raise awareness about the importance of regular movement during menopause and postmenopause, to encourage women to become more physically active, and to promote walking as a realistic and enjoyable part of everyday life.

The events showed that walking can be much more than a simple physical activity. It can function as a tool for health promotion, prevention, empowerment, social inclusion, and community participation. Through organised walks, information materials, personal testimonies, informal discussions, and supportive group environments, participants were encouraged to view physical activity as a positive source of strength, confidence, wellbeing, and connection.

In Greece, the event in Polygyros highlighted the strong role of local community support, public authorities, and personal stories in motivating women to engage in physical activity. In Slovakia, the Open Street Event demonstrated how cooperation with established walking organisations can strengthen sustainability and connect the project with existing community structures. In Austria, the event showed how public green spaces, informal sports activities, and social interaction can make walking approachable, flexible, and attractive to a diverse public.

Across all three countries, participant feedback was very positive. Women appreciated the welcoming atmosphere, the opportunity to walk at a comfortable pace, the accessible information about menopause and postmenopause, and the social dimension of walking together. Many participants recognised walking as a realistic and sustainable way to improve physical health, emotional wellbeing, self-confidence, and social connectedness.

Overall, the Open Street Events confirmed that community-based walking activities can effectively support women during menopause and postmenopause. They also showed that simple, low-cost, and inclusive initiatives can have a meaningful impact when they combine physical activity, education, encouragement, and social support. The Women Walking 4 Health project therefore provides a strong example of how local organisations, volunteers, public authorities, and community groups can work together to promote healthier lifestyles, active ageing, and women's wellbeing beyond the duration of the project.