

**EMBARGOED UNTIL 12:01 A.M. EST
TUESDAY, OCTOBER 20, 2026**



**The
Menopause
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Higher Physical Activity Frequency Associated with Lower Symptom Burden in Perimenopause

New study uses data from a menstrual tracking app to examine association between physical activity and perimenopause symptoms

CLEVELAND, Ohio (October 20, 2026)—Regular physical activity results in numerous health benefits. It has been shown to improve sleep, lower blood pressure, and reduce anxiety, while also building muscle, strengthening bones, and helping to control weight. A new study suggests it may also reduce an array of bothersome symptoms during perimenopause. Results of the study will be presented at the 2026 Annual Meeting of The Menopause Society in San Diego October 20-24, 2026.

Perimenopause, the transitional phase preceding menopause, is marked by hormone changes leading to physical and psychological symptoms that can impair quality of life. The relationship between physical activity and perimenopause symptom burden remains underexplored, particularly in global populations.

A new study included more than 1,800 respondents from across 87 countries over 6 continents who were using the Flo app. Respondents completed an online survey describing their physical activity from “not physically active” to “≥5 days a week.” Symptom severity was then assessed across somatic, psychological, and urogenital domains.

The association between physical activity frequency and Menopause Rating Scale (MRS) scores was examined using multivariable linear regression models to match physical activity frequency with scores based on the MRS. Confounders were prespecified using a causal framework and included age, body mass index, smoking status, comorbidities, healthcare access, and the country-level Socio-Demographic Index.

In unadjusted analysis, mean total MRS scores showed a statistically significant inverse association with increasing physical activity frequency across all three symptom domains—urogenital, somatic, and urogenital. The researchers believe these findings highlight the relevance of physical activity as a modifiable lifestyle intervention for perimenopause symptom management

“Something that stood out to us was that the benefits of physical activity seemed to be strongest for psychological symptoms like low mood irritability and anxiety. These symptoms can really impact daily life, and regular movement may be an accessible way to help,” says Dr. Liudmila Zhaunova, presenting author of the study and Director of Science at Flo Health, a leading global women’s health app.”

Details of the study will be discussed as part of the presentation titled “Physical activity frequency and perimenopause symptom burden: Global insights from the Flo app.”

“Regular physical activity is associated with a wide range of health benefits and is already recommended as part of a healthy lifestyle during midlife,” says Dr. Stephanie Faubion, medical director for The Menopause Society. “The findings from this large international study suggest that women who are more

physically active may experience a lower burden of perimenopause symptoms, particularly psychological symptoms. Although additional research is needed to better understand this relationship, encouraging regular physical activity is a low-risk strategy that may help improve overall well-being during the menopause transition.”

For more information about menopause and healthy aging, visit www.menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women’s health and healthcare experiences. To learn more, visit menopause.org.