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Researchers: Exercise Helps Alleviate Menopausal Symptoms

March 22, 2006 6:00 p.m. EST

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Madrid, Spain (AHN) - According to a new study published in the Journal of Advanced Nursing, regular exercise can reduce severe symptoms in menopausal women and improve their quality of life.

Researchers from the University of Granada in Spain found that the number of women suffering severe symptoms dropped by nearly 25 percent after they began a 12-month supervised exercise program consisting of cardio respiratory, stretching, muscle-strengthening and relaxation exercises, while problems increased among women who didn't exercise.

Fifty percent of the 24-strong exercise group had severe symptoms at the start of the fitness regimen compared with 37 percent at the end.

Another 58 percent of the 24 women in the non-exercise group reported health problems at the start of the study and this rose to 67 percent over the same period.

Professor Villaverde-Gutierrez says, "Joining the regular exercise program improved the women's health and also gave them the chance to join a sociable group activity and reduce feelings of loneliness."

She continues, "Our findings suggest that a regular exercise program can help to alleviate some of the physical symptoms associated with the menopause and improve women's health and quality of life."

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