

Increasing physical activity and decreasing sedentary lifestyle in postmenopausal and inactive women

Inés Llamas-Ramos

University of Salamanca, Spain



Introduction: During the transition to menopause, women experience various psychological, hormonal and physical disorders that can affect their health. Physical activity is considered an important strategy in the prevention and control of these changes. However, only 32% of this population reaches the current recommendations on physical activity.

Objective: To assess the effect of an intensive intervention based on a combined exercise program in a randomized clinical trial which includes a Smartband, increase physical activity and decrease sedentary lifestyle, in postmenopausal and inactive women.

Methodology: This program will be developed by nurses and a physiotherapist. 200 inactive postmenopausal women, aged 45-70 years will be included. They will be selected through consecutive sampling, and randomized to the control group and intervention group. Both groups will be given standardized advice on physical activity. The intervention group will also receive a Smartband and will carry out a 12-

week supervised program of aerobic and resistance exercise. The main result will be the increase in physical activity and the decrease in sedentary lifestyle, measured through an accelerometer, placed on the participants for a week.

Discussion: This study will allow us to assess the effectiveness of intensive intervention based on a combined program of physical activity and a Smartband, in postmenopausal and inactive women.

Biography

Inés Llamas-Ramos has completed her PhD at The University of Salamanca, Salamanca, Spain. Currently, she is working at the University of Salamanca as a Professor in the Department of Nursing and Physiotherapy and in Primary Care Research Unit of Salamanca (APISAL). She has published several articles about cancer and dry needling in reputed international journals and has been serving as an Editorial Board Member of various medical journals.