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Health Awareness and Exercise: Keys to Women's Well-Being

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Women today face many challenges and pressures, from work and family responsibilities to the physical and emotional changes that can come with midlife. Many women balance several roles, where they do not only care for their families but also contribute to the household income. More women than ever are working outside the home, and some hold demanding positions in their workplaces.

Juggling these responsibilities can place a considerable burden on women, making their health more important than ever. Businesses offer a growing range of products and services designed to support women's wellbeing, while governments develop policies and programmes to help build healthier communities. However, one of the most accessible ways for women to support their health is through regular physical activity.

In Malaysia, health awareness among women appears to be growing. Taking supplements and vitamins as well as seeking medical advice are increasingly common, but exercise is another valuable way to stay active and healthy, besides it can be less costly than many other wellness options. Women can benefit from being physically active at any age and at any level of ability. The key is to choose activities that suit them and to keep at it. Research has linked sedentary lifestyles with health risks, while regular physical activity can benefit both the body and mind.

It is encouraging to see more women, young and old, becoming active. Social media has helped make information about exercise and healthy living easier to find. Influencers and content creators on platforms such as TikTok, Instagram and YouTube share ideas, demonstrations and encouragement that can help women discover activities they might enjoy. Still, it is important to seek advice from reliable sources and choose activities that are safe and suitable for our individual needs.

Pickleball, for example, became especially popular in 2025, with celebrities and influencers helping to bring the sport into the spotlight. Its growing popularity also created opportunities for local and international businesses to offer clothing and equipment for players. In Malaysia, brands such as Calaqisya, Tudung People and Ariani sell activewear that combines style with options designed to accommodate Muslim women.

Women, particularly those in midlife, should no longer finding reasons to skip exercise. A simple brisk walk can be a good place to start. Just 30 minutes of walking can help us feel more energised, and many people find that a walk lifts their mood and helps them feel ready to take on the rest of the day. If going outdoors does not appeal, there are plenty of ways to exercise at home. Some people enjoy strength training with kettlebells, while others prefer a treadmill or walking pad. There is no

single activity that suits everyone, so try different options and see what feels right. Start gradually, and if you have health concerns or are unsure what is appropriate for you, check with a healthcare professional. "I don't know where to start" or "I don't know how to do it" must not stop us from taking the first step. We have access to a wealth of information, though it is wise to choose guidance from credible sources. All we need is the motivation to get up from the sofa, put on comfortable clothes and begin with an activity that feels manageable.

I am speaking from personal experience. Having lived with anxiety, I have found that staying active can help support my wellbeing. Now, in my forties, I have come to appreciate that caring for both body and mind is one of the most important things we can do for ourselves.