



DENISE YEATS

RESET RECHARGE RECLAIM
REALISING YOUR POWER AT ANY AGE



Menopause Empowerment: Realising your strength at any life stage

Would you like to help your employees to RESET their potential?
Understand how to RECHARGE their energy levels?
Take positive steps to RECLAIM their confidence?

In this talk we will look at:

What is happening?

Looking at the effects that fluctuating hormones have on our body and mind specifically during perimenopause and menopause.

Learn how hormonal shifts can be an asset, not an obstacle

Understanding how and when to train with, not against your hormone levels both throughout your menstrual cycle and into peri and post menopause.

Training smarter, not harder

Gain insights into the main training protocols we should be using to help shift that stubborn belly fat, and how short, effective workouts can help us to be fit and strong for life.

The importance of fuelling and hydration

Learn how the timing of what you eat and drink can be just as important as the content.

Popular misconceptions around exercise

With only 6% of exercise research being done on women, it is little wonder why doing what we always used to do doesn't serve us well. Empower yourself with some knowledge which will bust some of those exercise myths!

Tools and techniques to get you started

Some easy take aways to implement into your everyday life to empower and energise you.

And of course, a Q&A!

Come with questions, experiences and take advantage of this supportive environment.

About Denise Yeats

Denise Yeats is a highly skilled coach and personal trainer with a passion for empowering women to Reset, Recharge, and Reclaim their vitality during menopause and perimenopause. As a 55 year old triathlete, Level 3 Personal Trainer, Level 2 Gym Instructor, Ironman® Certified Coach, and TRX® Certified Coach, she brings a wealth of personal experience and expertise to her coaching.

Denise's dedication to women's health extends to her completion of Dr. Stacy Sims' 'Menopause for Athletes' course, making her uniquely qualified to guide women through the challenges and opportunities presented by this life stage. She tailors her coaching and personal training to meet the needs of women at different hormonal stages, empowering them to embrace their individuality and work with, rather than against, their unique physiology. Denise is currently working with clients including Thames Valley Police and BT to support their Menopause in the Workplace initiatives.

www.deniseyeats.co.uk

<https://www.instagram.com/deniseyeats/>