

MAXIMISING YOUR MENOPAUSAL WORKOUTS WITH **SHEONA KING**

MAY 25TH, 2023 – 12:30 BST / RIGRUN RECOVERY ZONE

The effects of menopause can lead to a vicious cycle of low motivation and unhealthy habits. However, Level 4 Senior Health and Activity Practitioner Sheona King is on hand to help you break the cycle and maximise your menopausal workout, whether you're on or offshore. During this webinar, she'll share:



- How regular physical activity can help to ease menopause symptoms and reduce specific health risks
- The best types of exercise for perimenopausal and menopausal women (and the worst!)
- Steps you can take to stay safe and feel more comfortable while exercising
- Additional steps you may need to take to help your body recover after a workout

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN THE SUNDAY TIMES BESTSELLING SELF-HELP GUIDE, "MENOPAUSING" BY DAVINA MCCALL & DR. NAOMI POTTER



Scan the QR code to join the webinar!

