

BEGINNER TO 5KGS!



WELCOME & INTRODUCTION



Dr Diane Cooper

Founder and CEO of EduFIT
Clinical Exercise Physiologist
Health Researcher



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Why did we design Beginner to 5kgs for women?



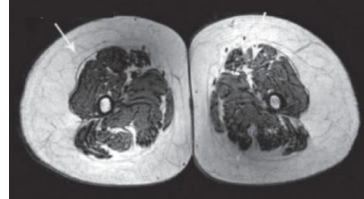
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Muscle Matters for Women's Health.

74 years old + sedentary



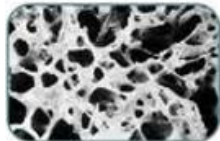
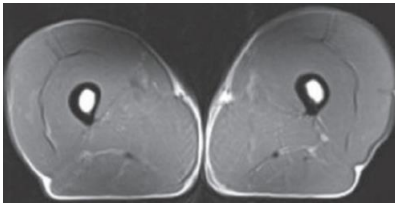
5 year more rapid loss of muscle, bone and CV function and health post menopause (average age 51 years).



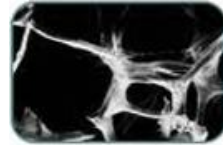
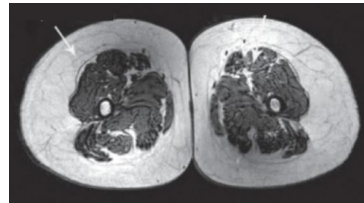
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Muscle Matters for Women's Health.

70 years old + trained



74 years old + sedentary



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Strength training makes a massive difference to women's health.



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BENEFITS OF BEGINNER TO 5KGS!



Our research paper shows improvements in:



- ↑ upper-body muscular strength and endurance
- ↑ lower-body muscular strength and endurance
- ↑ physical activity participation
- ↑ wellbeing
- ↑ physical self-efficacy
- ↓ menopausal symptoms



PLEASE SCAN TO READ:

What's involved?

For a 6-week period, the programme includes:

- 2 x 40-minute strength classes per week, live online or on-demand.
- 1 x 20-minute health workshop per week.
- Access to on-demand library.



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Beginner to 5kgs: Programme Overview



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BEGINNER TO 5KGS!



	HEALTH EDUCATION VIDEO	<input checked="" type="checkbox"/>	STRENGTH EXERCISE CLASS 1	<input checked="" type="checkbox"/>	STRENGTH EXERCISE CLASS 2	<input checked="" type="checkbox"/>
Week 1	Welcome & Introduction Muscle Matters	<input type="checkbox"/> <input type="checkbox"/>	Beginner Strength Video 1	<input type="checkbox"/>	Repeat Beginner Strength Video 1 or complete a live or recorded BodyWell or Lift class.	<input type="checkbox"/>
Week 2	Nutrition for Strength Training	<input type="checkbox"/>	Beginner Strength Video 2	<input type="checkbox"/>	Repeat Beginner Strength Video 2 or complete a live or recorded BodyWell or Lift class.	<input type="checkbox"/>
Week 3	General Adaption Syndrome	<input type="checkbox"/>	Beginner Strength Video 3	<input type="checkbox"/>	Repeat Beginner Strength Video 3 or complete a live or recorded BodyWell or Lift class.	<input type="checkbox"/>
Week 4	S.P.O.R.T Principles	<input type="checkbox"/>	Beginner Strength Video 4	<input type="checkbox"/>	Repeat Beginner Strength Video 4 or complete a live or recorded BodyWell or Lift class.	<input type="checkbox"/>
Week 5	Periodised Training	<input type="checkbox"/>	Beginner Strength Video 5	<input type="checkbox"/>	Repeat Beginner Strength Video 5 or complete a live or recorded BodyWell or Lift class.	<input type="checkbox"/>
Week 6	What's next?	<input type="checkbox"/>	Beginner Strength Video 6	<input type="checkbox"/>	Repeat Beginner Strength Video 6 or complete a live or recorded BodyWell or Lift class.	<input type="checkbox"/>



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40-Minute
Beginner
Strength
Video 1



Beginner to 5kgs: Your Strength Classes

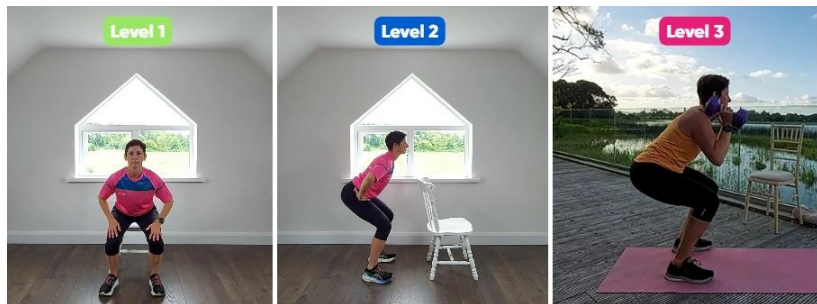


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Your Strength Classes

Option 1: On-demand only
(two classes per week)

40-Minute
Beginner
Strength
Video 1




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Your Strength Classes


Option 1: On-demand only (two classes per week)

**40-Minute
Beginner
Strength
Video 1**







**40-Minute
Beginner
Strength
Video 2**







**40-Minute
Beginner
Strength
Video 3**







**40-Minute
Beginner
Strength
Video 4**







**40-Minute
Beginner
Strength
Video 5**





**40-Minute
Beginner
Strength
Video 6**





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Your Strength Classes

**Option 2: Hybrid
(one on-demand & one live class per week)**

**40-Minute
Beginner
Strength
Video 1**





Monday	Tuesday	Wednesday	Thursday
7:45-8:30pm BodyWell	8:00-8:30pm H.I.I.T./AMRAP	1:00-1:30pm MoveMed	7:00-7:45pm Lift
8:30-8:50pm Stretch & Mobility	8:30-8:50pm Stretch & Mobility		7:45-8:00pm Core



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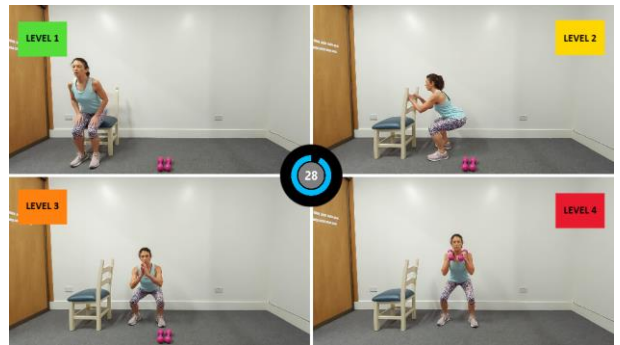
EduFIT Live Classes

BodyWell



Anne Kavanagh
Exercise Instructor,
Ultra Endurance Athlete

Monday	Tuesday	Wednesday	Thursday
7:45-8:30pm BodyWell	8:00-8:30pm H.I.I.T/AMRAP	1:00-1:30pm MoveMed	7:00-7:45pm Lift
8:30-8:50pm Stretch & Mobility	8:30-8:50pm Stretch & Mobility		7:45-8:00pm Core



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EduFIT Live Classes

LIFT



Monday	Tuesday	Wednesday	Thursday
7:45-8:30pm BodyWell	8:00-8:30pm H.I.I.T/AMRAP	1:00-1:30pm MoveMed	7:00-7:45pm Lift
8:30-8:50pm Stretch & Mobility	8:30-8:50pm Stretch & Mobility		7:45-8:00pm Core



Sinead Maher
Hyrox Athlete

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BEGINNER TO 5KGS!

MUSCLE MATTERS



Dr Diane Cooper
Founder and CEO of EduFIT
Clinical Exercise Physiologist
Health Researcher
www.edufit.ie



Beginner to 5kgs: Your Weekly Masterclasses



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Week 1 Masterclass

BEGINNER TO 5KGS!



MUSCLE MATTERS



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Week 2 Masterclass

BEGINNER TO 5KGS!

Three circular icons: a blue circle with a white dumbbell, a yellow circle with a white person running, and a green circle with a white lotus flower.

NUTRITION FOR STRENGTH TRAINING



Ruth Kavanagh , ANutr. MSc.
 Registered Associate Nutritionist
 Health Researcher
www.edufit.ie



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Week 3 Masterclass

BEGINNER TO 5KGS!

Three circular icons: a blue circle with a white dumbbell, a yellow circle with a white person running, and a green circle with a white lotus flower.

GENERAL ADAPTATION SYNDROME



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 Founder and CEO of EduFIT
 Clinical Exercise Physiologist
 Health Researcher



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Week 4 Masterclass

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S.P.O.R.T. PRINCIPLES OF TRAINING



Dr Kiera Ward
 Exercise Physiologist
 Sports Scientist
 Health Researcher
 www.edufit.ie



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Week 5 Masterclass

BEGINNER TO 5KGS!



HOW TO MAXIMISE YOUR WELLNESS, HEALTH AND STRENGTH GAINS WITH PERIODISED TRAINING.



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Week 6 Masterclass



WHAT'S NEXT?



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 Clinical Exercise
 Physiologist
 Health Researcher
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 Clinical Exercise Physiologist
 Health Researcher

- Thank you
- Enjoy 😊
- Looking forward to training with you!



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