

NEW

MenoWell

FOR WOMEN IN THEIR 40'S

A 6-WEEK ON-DEMAND EVIDENCE-BASED HEALTH EDUCATION AND STRENGTH TRAINING PROGRAMME FOR MIDLIFE WOMEN.

What's Included:

- 6 * On-Demand Women's Health Masterclasses: Evidence-based practical masterclasses tailored specifically for women in their 40s (12–28 minutes each).
- 12 * On-Demand Strength and Conditioning Classes: 40-minute follow-along workouts for you to complete in your own time at home (2 classes per week for 6 weeks).
- Bonus On-Demand Exercise Videos: Standing and floor-based flexibility videos and 30-minute AMRAP video.
- Practical Take-Home Resources: Downloadable resources including a recipe book and weekly activity plan.

A BRAND NEW PROGRAMME BUILT ON OUR PUBLISHED RESEARCH AND SHAPED BY FEEDBACK FROM OVER 4000 WOMEN ACROSS IRELAND WHO COMPLETED THE ORIGINAL PROGRAMME.

Read our MenoWell Research and Testimonials Here:



RESEARCH



TESTIMONIALS

- ↑ upper-body strength and endurance
- ↑ lower-body strength and endurance
- ↑ lower-back and hamstring flexibility
- ↑ cardiorespiratory fitness
- ↑ wellbeing and physical self-efficacy

BUY NOW WITH LIFETIME ACCESS

Weeks	Health Education Masterclasses	Strength Training Classes
1	Muscle Matters in Midlife	2 * On-Demand Follow-Along Strength and Conditioning Exercise Classes Each Week with Sinéad 
2	Nutrition to Thrive in Midlife	
3	Healthy Hearts in Midlife	
4	Building Better Bones in Midlife	
5	Sleeping Soundly in Midlife	
6	Minding Me in Midlife	



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Health Researcher



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**NEW PROGRAMME
LAUNCH PRICE:
€120**



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