Women: Hormones, Metabolism and Aging

DATE: **Saturday, April 16**

TIME: **2:00-3:30p**

COST: **$20** **(advance registration required)**

INSTRUCTOR: Ellen Petrick

REGISTER: DianaS@TenAndFit.com

Are women's exercise and nutrition needs different than men's? How do these needs change as women age and hormone levels change? In this workshop Certified Exercise Physiologist Ellen Petrick will discuss how female physiology can impact your workouts and effect your metabolism. Changing estrogen levels can alter body composition, bone density, cholesterol levels, body fat distribution, glucose tolerance and psychological well being. Learn how you can take more control of some of these changes to increase your energy levels and get the most out of your fitness activities.