



## **Overview of CPD Course – Menopause and the Active Woman**

In this REPs registered three hour course the participants will develop an understanding of their clients who are experiencing menopause and wanting to be active and the implications that this may have.

They will participate while learning why the pelvic floor matters to the menopausal woman. They will also learn how to assess, develop and implement a safe environment for their clients to be active and reduce the risks of pelvic floor issues.

### **OUTCOMES:**

- Briefly look at the pelvic floor, its function and why pelvic floor matters to the menopausal woman.
- What you need to be aware of when working with this client.
- Understand the implications of poor pelvic floor health and how this effects health outcomes for the menopausal woman
- Have a greater understanding of how to create an environment that feels safe to the woman with pelvic floor issues or is at risk of.
- Have the opportunity in participating in pelvic floor safe exercises to incorporate into your professional repertoire.

This three hour CPD course is for Personal Trainers, Group Fitness Instructors and other Fitness Professionals which offers 2.5 CPD points.