

FITNESS Workbook

for Women



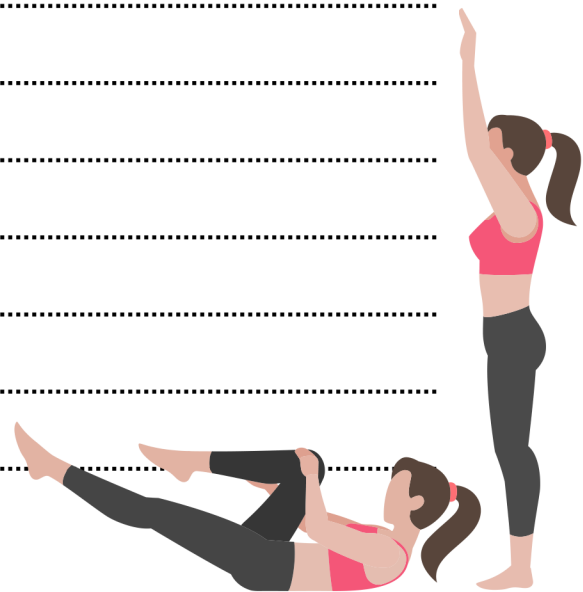


This Workbook belongs to



What are the key benefits of incorporating regular physical activity into a woman's lifestyle?

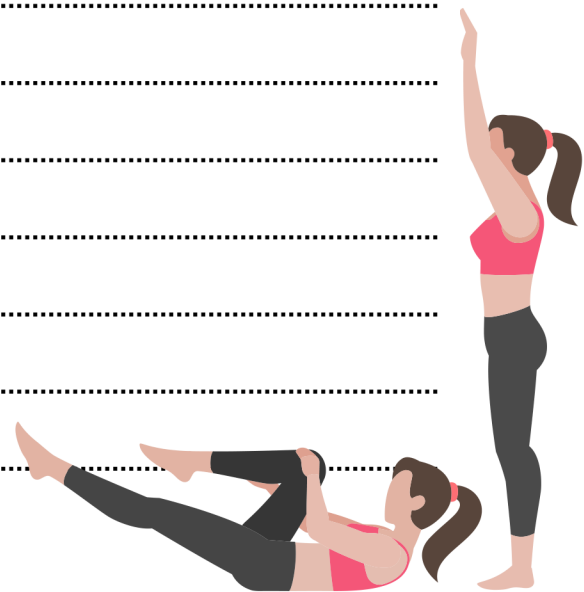
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How does age impact women's fitness needs, and what exercises are most beneficial at different life stages?

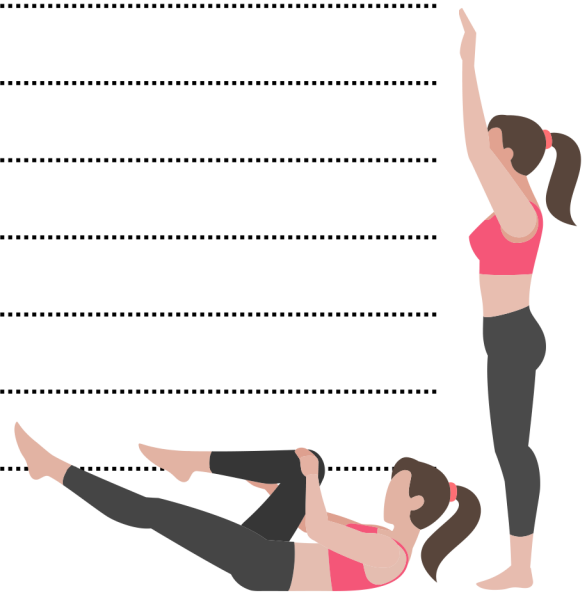
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What are the fundamental components of a well-rounded fitness routine for women?

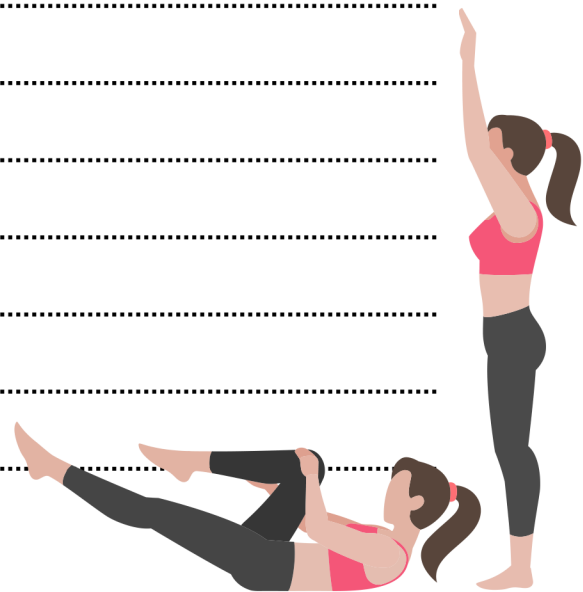
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How can women effectively balance cardio and strength training in their workouts?

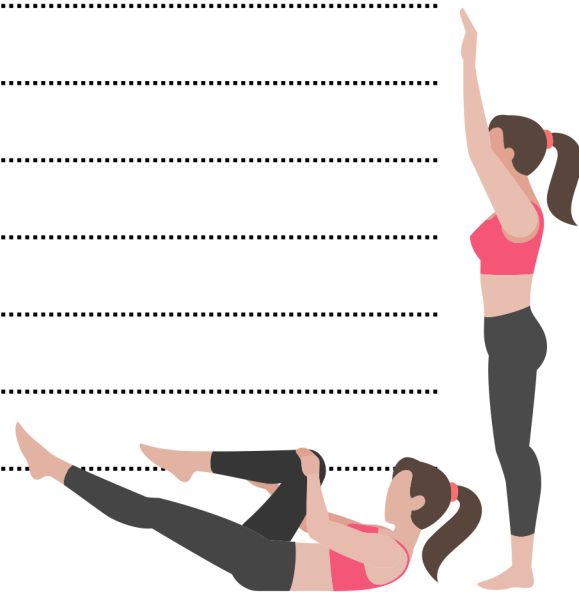
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What role does nutrition play in achieving and maintaining optimal fitness for women?

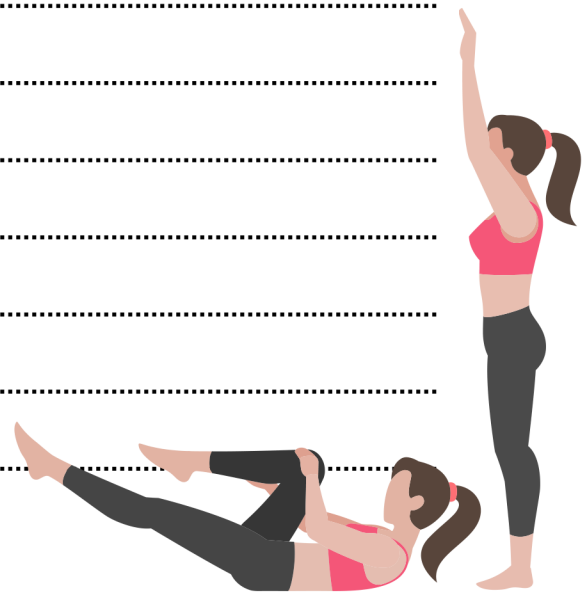
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How can women address common fitness myths and misconceptions?

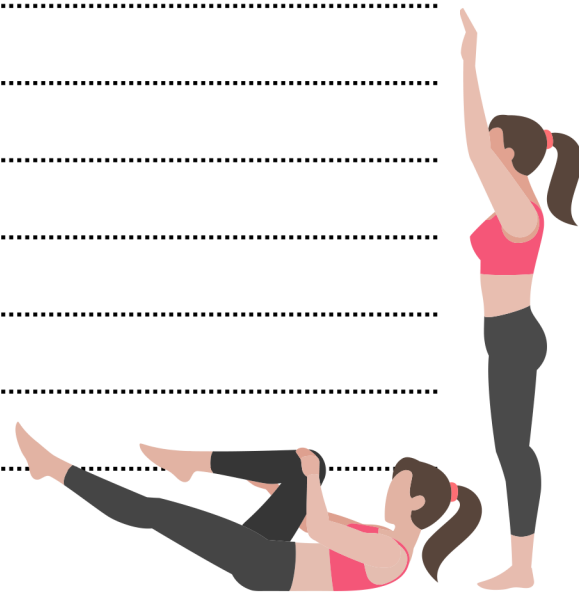
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What are the benefits of incorporating flexibility and mobility exercises into a fitness routine?

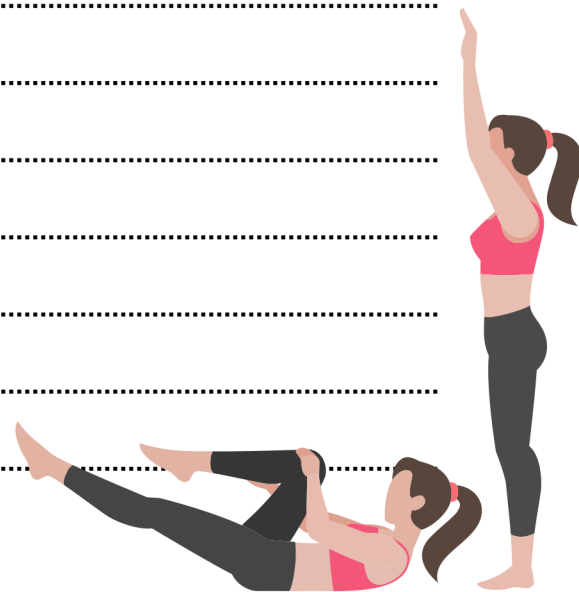
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How does hormonal fluctuation throughout the menstrual cycle affect women's exercise performance, and how can they optimise their workouts accordingly?

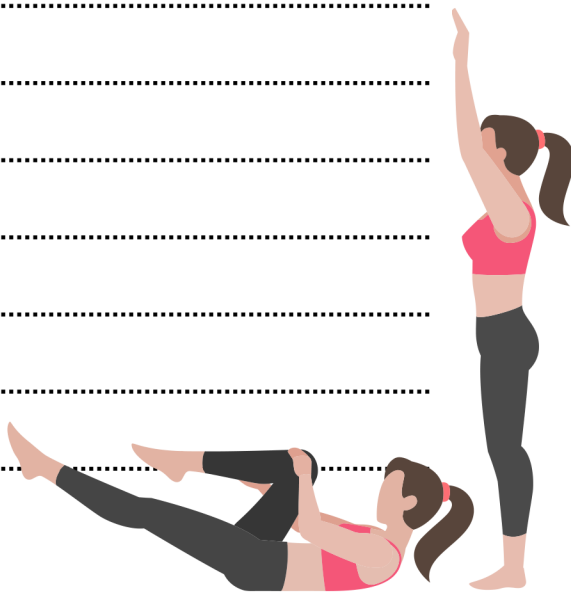
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What are the potential risks and benefits of high-intensity interval training (HIIT) for women?

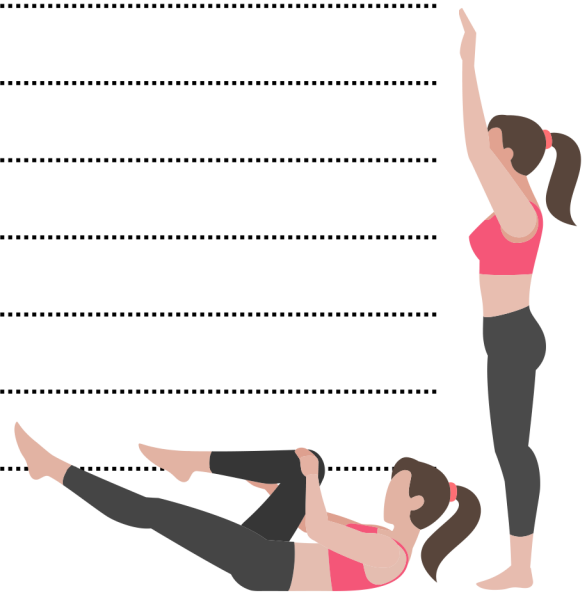
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How can women modify their fitness routines during pregnancy to stay active and healthy?

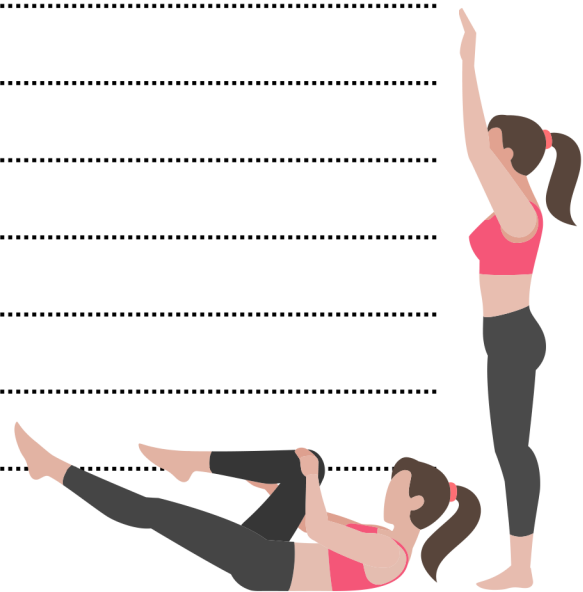
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What role does mental health play in women's overall fitness, and how can exercise positively impact mental well-being?

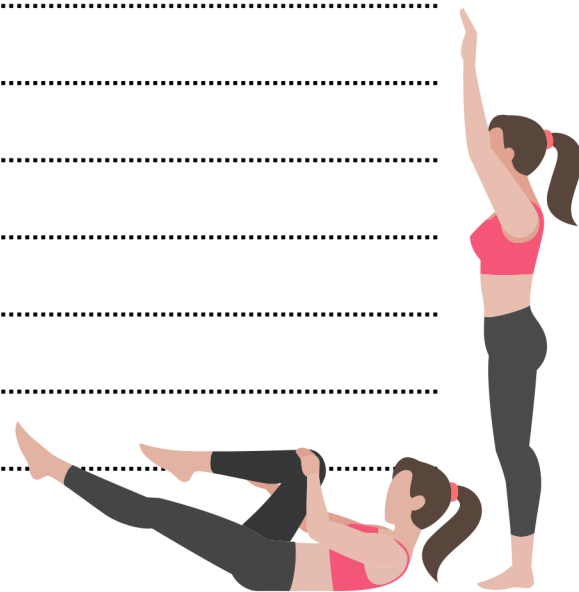
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What are the best strategies for overcoming common barriers to regular exercise, such as lack of time or motivation?

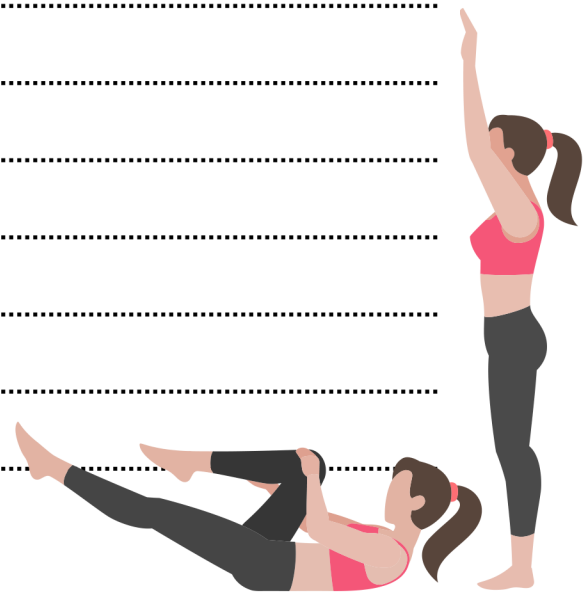
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How can women create a personalised workout plan that aligns with their fitness goals and preferences?

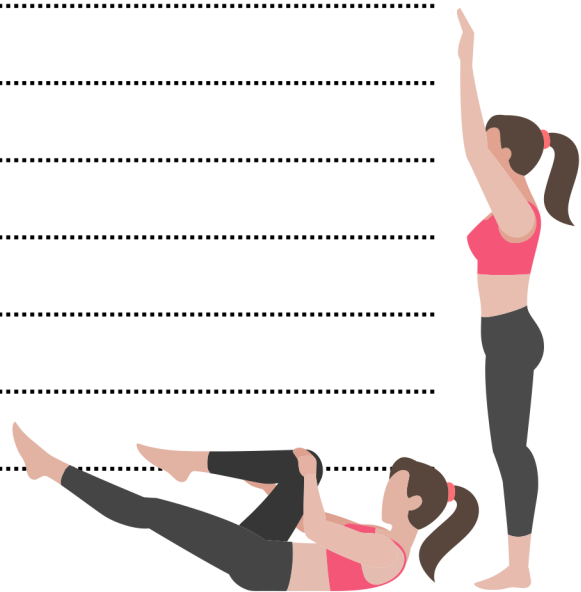
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What are the considerations for women with specific health conditions, such as osteoporosis or arthritis, when designing a fitness program?

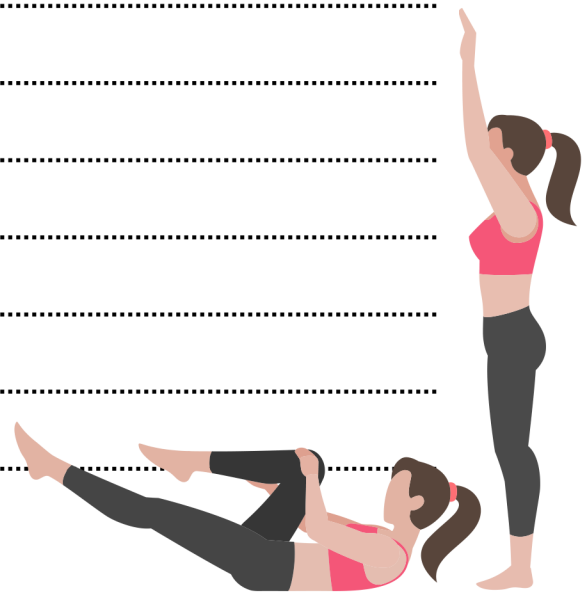
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How can women effectively incorporate strength training without fear of bulking up?

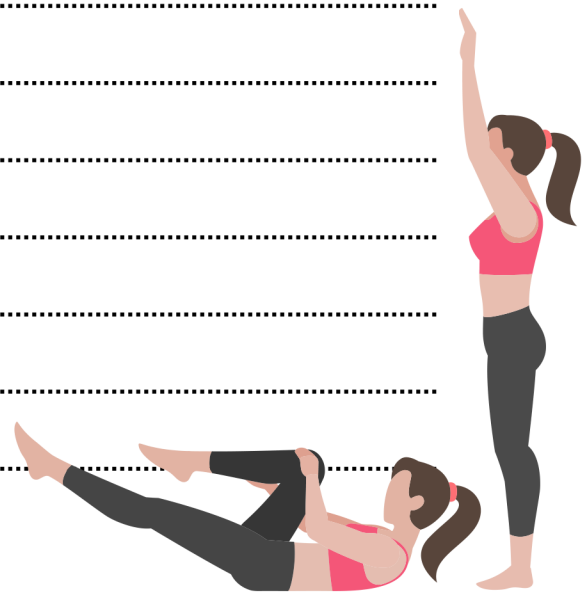
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What are the key elements of a proper warm-up and cool-down routine for women?

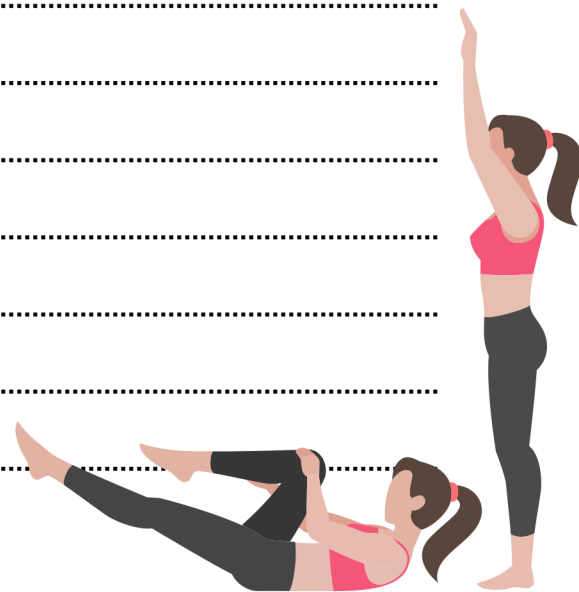
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How can women prevent and manage injuries related to exercise?

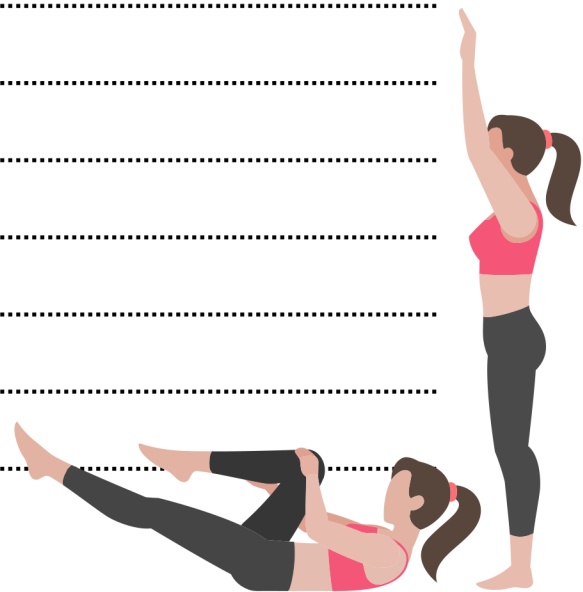
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What are the advantages of participating in group fitness classes, and how can women find the right class for them?

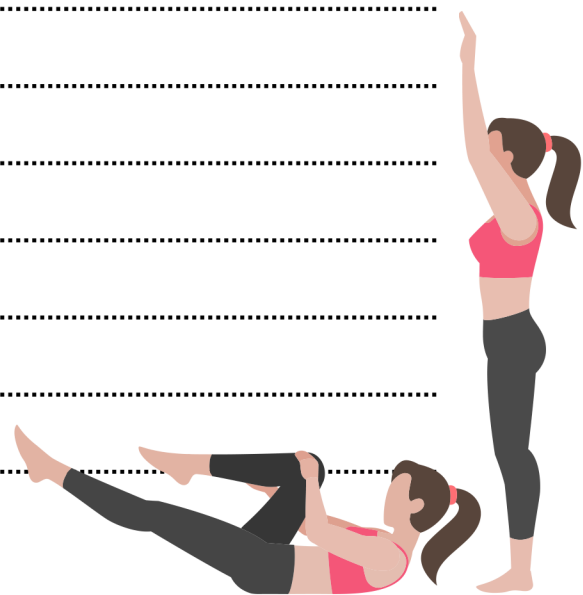
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How does sleep quality and quantity impact women's fitness and recovery?

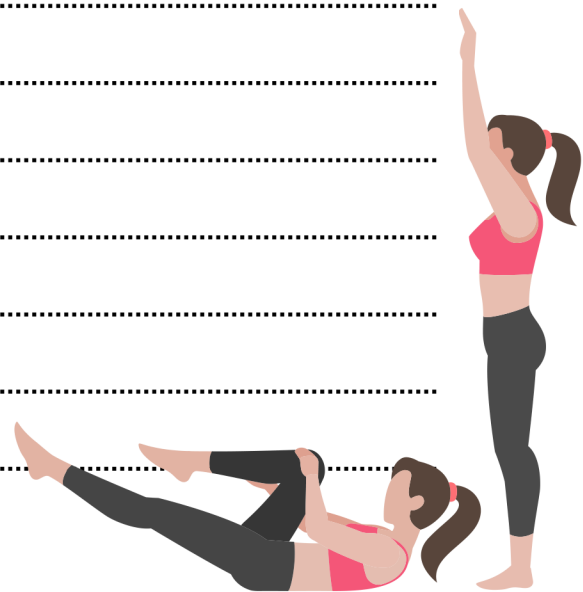
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What are the benefits of cross-training, and how can women integrate diverse activities into their fitness routine?

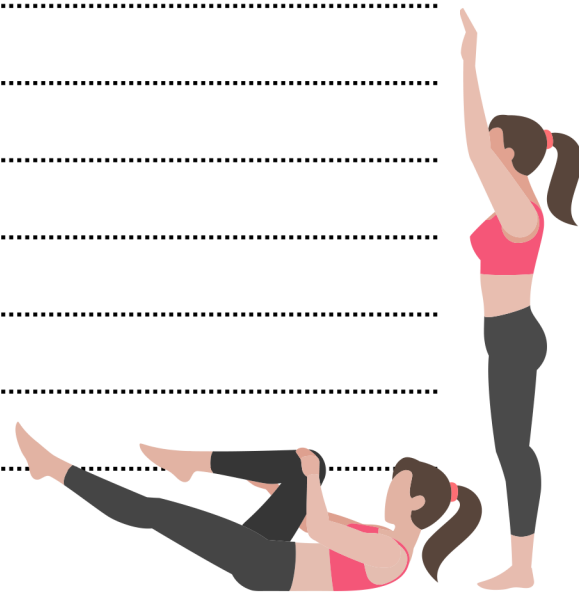
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How can women set realistic and achievable fitness goals?

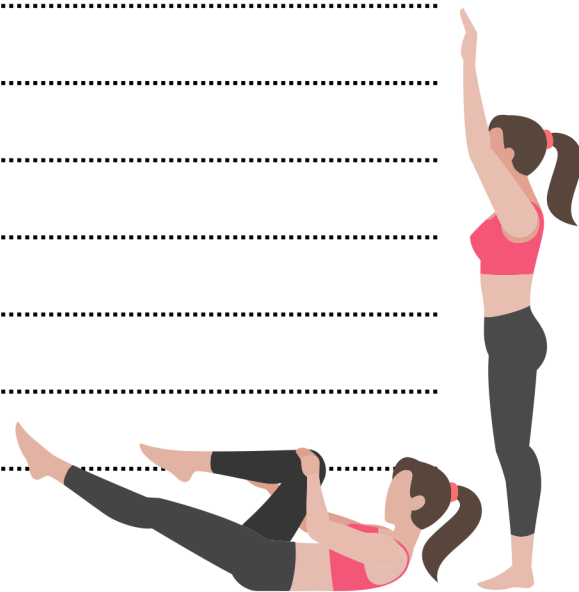
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What are the differences between bodyweight exercises and using gym equipment, and how can women choose the best approach for their goals?

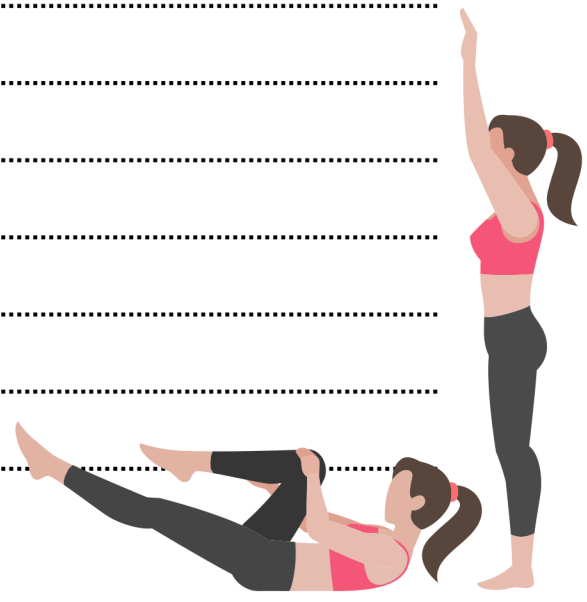
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How can women stay active and maintain their fitness levels while travelling or facing schedule disruptions?

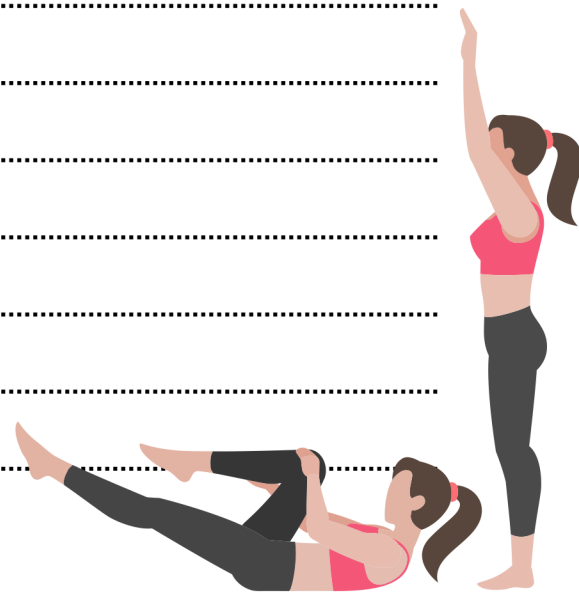
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What are the considerations for women returning to fitness after a period of inactivity?

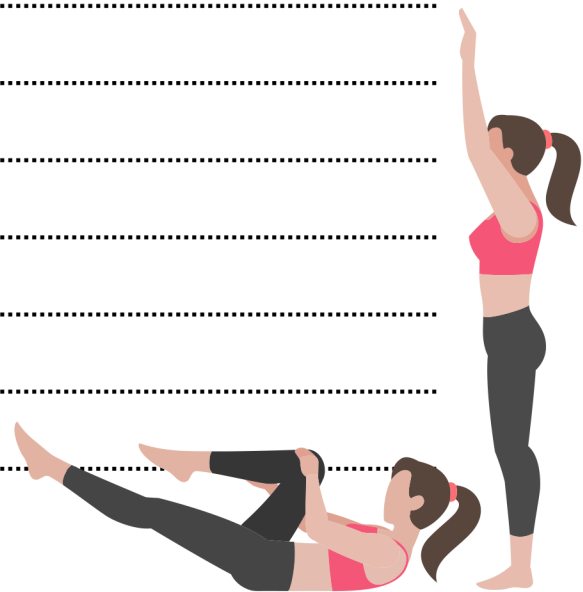
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How can women use technology, such as fitness apps and wearables, to enhance their workouts?

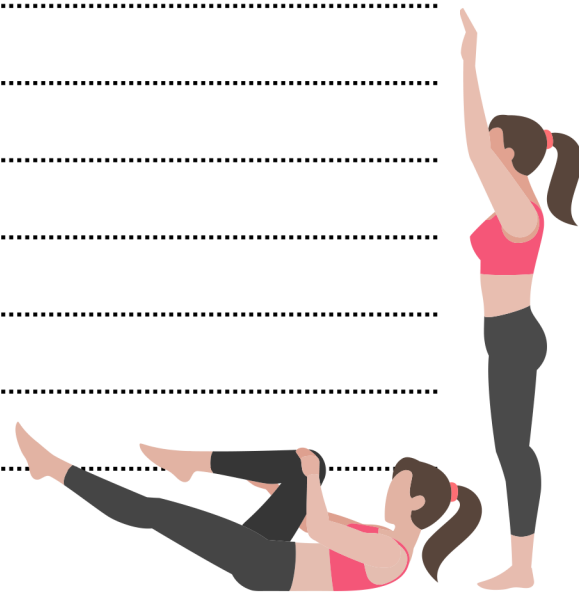
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What are the potential effects of chronic stress on women's fitness and how can they manage stress through exercise?

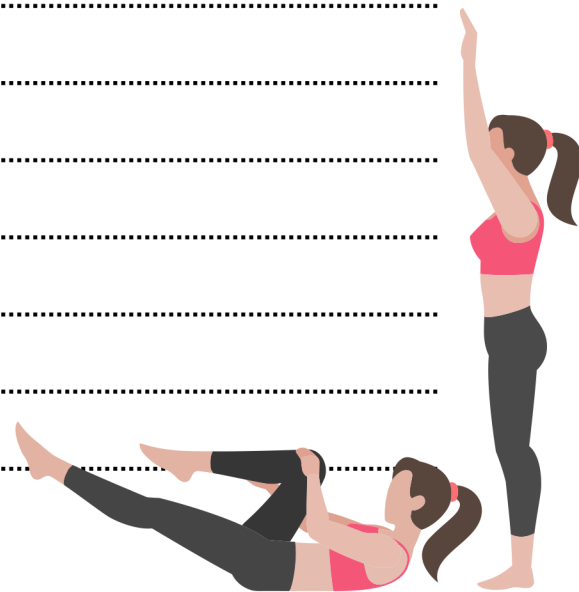
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How does hydration impact exercise performance for women, and what are the best practices for staying adequately hydrated during workouts?

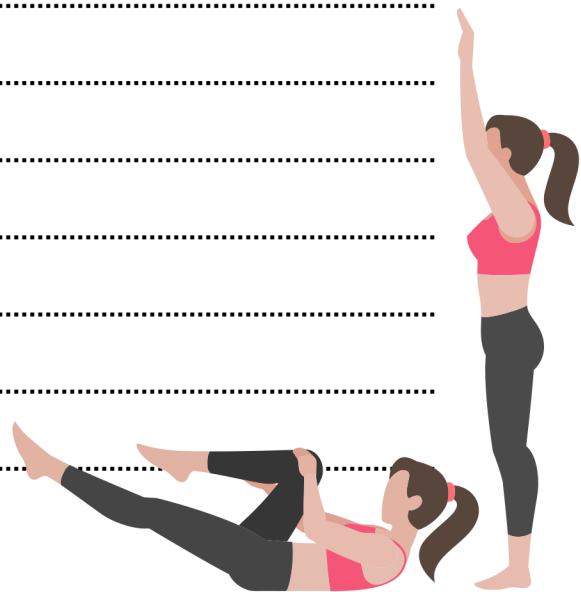
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How can women maintain a positive body image and cultivate self-compassion on their fitness journey?

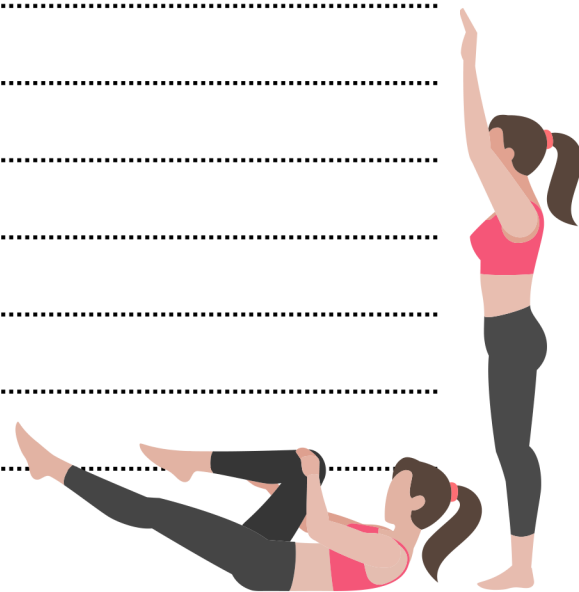
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What are the signs of overtraining, and how can women avoid burnout while staying committed to their fitness goals?

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How can women celebrate their fitness achievements and milestones along the way to foster long-term motivation?

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