

Seminar

Hormonal Transition Fitness For Women

DUBAI | DECEMBER 6, 2026

We have applied for REPS UAE CPDs

SEMINAR OUTLINE & TIMETABLE

December 6, 2026

Presenter: Dr Maya Rathod

Senior Gynaecologist | Champion Bodybuilder | Australian Fitness Level 4 Personal Trainer

TIME	SESSION / ACTIVITY	SUBJECTS
0900–0930	Registration	Participant registration and collection of seminar materials.
0930–0945	Introduction of Presenter	Introduction of Dr Maya Rathod; seminar objectives and learning outcomes.
0945–1115	SESSION 1: UNDERSTANDING HORMONAL TRANSITIONS	<ul style="list-style-type: none"> Premenopause, perimenopause, menopause, and postmenopause: definitions, hormonal changes, and recognising each phase. Effects on muscle mass, bone density, body fat, cardiovascular health, pelvic health, mood, and sleep. Screening before exercise; symptoms requiring medical referral; treatment options relevant to exercise; professional boundaries for fitness trainers.
1115–1315	SESSION 2: EXERCISE PLANNING ACROSS THE PHASES	<ul style="list-style-type: none"> Weight training for muscle mass, strength, and bone health: exercise selection, technique, sets, repetitions, loading, and recovery. Aerobic training for endurance, cardiovascular health, and fat management: intensity, duration, frequency, and progression. Stretching, mobility, functional training, and balance for flexibility and daily activities. Practical demonstrations and sample weekly plans for each phase; adjustments for fatigue, poor sleep, joint symptoms, pelvic floor symptoms, and osteoporosis risk.
1315–1345	Lunch	Lunch break.
1345–1500	SESSION 3: NUTRITION, RECOVERY, AND APPLIED PLANNING	<ul style="list-style-type: none"> Nutrition supporting exercise: protein, calcium, vitamin D, hydration, balanced meals, and sustainable fat management. Sleep management, stress management, temperature comfort, and recovery; adapting training to fluctuating symptoms. Guided case studies: prepare exercise and lifestyle plans for different phases; set goals and monitor progress, symptoms, and adherence.
1500–1600	QUESTIONS, ANSWERS, AND STUDENT TEST	<ul style="list-style-type: none"> Questions and answers with Dr Maya Rathod. Student test on hormonal phases, screening, exercise, nutrition, and recovery. Answer review, clarification, and closing remarks.

Total learning time: 6 hours, including questions, answers, and the student test.

NOTE:

1. Timings in UAE time.
2. Venue: WORLD OF CHAMPIONS Gym Abu Hail, Deira – may change due to reasons outside our control.
3. Training dates, timings and / or teaching faculty may change.

DM | Hena Jaimes +971 58 249 9750 | Amara Al Ahmad +971 55 551 4839