MOVING THROUGH MENOPAUSE

JOANNA VENAR
FOUNDER
JOANNA VENAR FITNESS
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Joanna Venar is a NCSF and NASM Certified Personal Trainer. With a further certification as a Women's Fitness Specialist, she has enhanced training in pre- and postnatal, teenage and elderly age groups. Joanna is also a NASM Certified Nutrition Coach and has been certified in adult and infant CPR/AED.

Underline indicates clickable link

Ready State Mobility Coach

Get guided mobility exercises tailored to your body and lifestyle to relieve pain, prevent injury, improve range of motion and improve performance.

Jennifer Kirsch Fitness

Fitness Solutions for Women over 40. Designed to bring you noticeable results with short, efficient, and effective workouts. Start tracking your workouts, measuring results, and achieving your fitness goals.

Moves by Madeline

Workout programs designed for you, for every stage of life. Each program is expertly-crafted, science-backed, and aligns your daily efforts with your unique fitness goals.

Gritin Resistance Bands

A set of resistance bands includes five colors representing different tensile force. Five kinds of resistance levels are suitable for beginners or seasoned athletes for a variety of sports purposes, like gym, yoga, training.

Dumbbell Hand Weights

Neoprene coated, hexagon shaped workout dumbbells in weights ranging from 1 pound to 20 pounds.

Weighted Medicine Ball

Weighted medicine ball for upper, lower, and full body exercises. Constructed with sturdy, firm rubber with lightly textured surface provides a superior grip.

Standard Jump Rope

Standard jump rope for quickly integrating high-intensity cardio training into any workout. Increases the heart rate, burns calories, enhances coordination, and tones legs, glutes, shoulders, arms, and core.

Exercise Yoga Mat

Extra thick, cushy floor mat for yoga, gym, and everyday exercise. 1/2-inch thickness offers comfortable padded support and shock absorption.

Molly Galbraith

Molly Galbraith is the author of Strong Women Lift Each Other Up and co-founder of Girls Gone Strong (GGS), a worldwide health and fitness movement dedicated to helping women feel strong, confident, and empowered in their lives and their bodies. Sign up for her weekly email newsletter packed with actionable strategies that help women improve their strength, confidence, and health from the inside out.

Girls Gone Strong At-Home Workouts

No time to go to the gym? Try these free at-home bodyweight or dumbbell workouts to improve your strength, confidence, and health.

DEXA Body Composition Body Scan

A highly accurate body composition and bone density test measuring body fat, muscle mass, and bone health.

Daria Ventura
NUTRITION