



Fitness by Laws

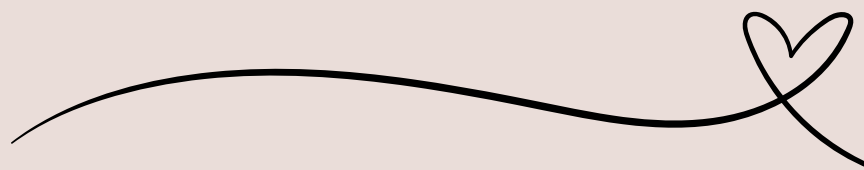
EMPOWERING AND SUPPORTING WOMEN OVER 40 IN THE WORKPLACE

☀️ **Helping Women Thrive in Health and Fitness** 🏋️‍♀️

👛 **Workplace Wellness Advocate**



With over 25 years of experience in the fitness industry, I am passionate about empowering women especially over 40 to prioritize their health and well-being, particularly in the workplace setting. As a Certified Personal Trainer, I specialize in women's wellness and menopause coaching. I design customized fitness programs tailored to the unique needs and goals of professional women navigating busy schedules and demanding work environments.



Jill X

Disclaimer: Not all exercise programs are suitable for everyone. Check with your doctor before beginning any fitness program to avoid/reduce the risk of injury. Perform these exercises at your own risk. JilllawsPT will not be responsible or liable for any injury sustained as a result of using any fitness program presented in this document.

As women, especially over 40, we often find ourselves juggling multiple responsibilities, both personally and professionally.

In the midst of busy schedules and demanding work environments, it's easy to overlook our own well-being. But here's the truth: prioritizing wellness isn't just a luxury; it's an absolute necessity, especially in the workplace.

Did you know that a significant number of workdays are lost due to hormonal fluctuations and mindset challenges that women face, particularly as they navigate their 40s and beyond? From the physical symptoms of menopause to the mental and emotional toll of stress and anxiety, these factors can profoundly impact our productivity, engagement, and overall satisfaction at work.

That's why investing in wellness initiatives tailored specifically for women in the workplace is crucial. By addressing the unique needs and challenges of women over 40, we can create environments that promote health, resilience, and empowerment.

Wellness coaching plays a pivotal role in this journey. By partnering with a wellness coach who understands the intricacies of women's health and the nuances of navigating menopause, we gain invaluable support and guidance to manage symptoms, enhance resilience, and cultivate a positive mindset.


Through personalized coaching programs and virtual online sessions, we can learn practical strategies to optimize our physical health, manage stress effectively, and nurture our mental and emotional well-being. From tailored fitness plans to mindfulness techniques and mindset shifts, wellness coaching equips us with the tools we need to thrive, both personally and professionally.

So, let's prioritize our wellness, ladies. Together, we can create workplaces that not only support our success but also celebrate our health, vitality, and resilience. Because when we invest in ourselves, we not only enhance our own lives but also elevate the collective well-being of our teams and organizations.


Are you ready to prioritize your wellness journey?

Reach out to discover how wellness coaching can empower you to thrive in every aspect of your life.

**Here are a few ways we can
help you support your
employees/co-workers and
the services we provide.**



**We have four bespoke coaching
options to choose from.**



Program 1: 3-Week Kick Start to Wellness Program

Empower your female staff with our comprehensive 3-week program designed to kick start their journey to improved health and well-being. Over the course of three weeks, participants will receive personalized coaching and guidance covering posture correction, stress management techniques, and an ease-back-into-health program. Through a combination of virtual coaching sessions, educational materials, and practical exercises, your employees will learn how to prioritize their wellness and cultivate healthier habits both in and out of the workplace.

Program 2: 8-Week Menopause Coaching Program

Support your female employees through the various physical and emotional challenges of menopause with our specialized 8-week coaching program. Led by experienced menopause coaches, this program provides comprehensive support and guidance tailored specifically to the needs of women transitioning through menopause. Participants will receive personalized coaching sessions, educational resources, nutrition guidance and practical strategies to manage symptoms, enhance resilience, and optimize their overall well-being during this transformative stage of life.

Program 3: One-Hour online Workshops

Elevate employee well-being and productivity with our one-hour Zoom workshops designed to address key wellness concerns for women in the workplace. Choose from a selection of workshops covering stress management techniques, general well-being practices, and insights into navigating menopause with confidence. Led by expert facilitators, these interactive workshops provide practical tips, strategies, and resources to help your female staff thrive both professionally and personally. Whether delivered as standalone sessions or as part of a series, these workshops offer valuable support and empowerment for your employees.

All Zooms are recorded for anyone that cant attend

Program 4: Face to Face personal training sessions

(For Local Companies)

For companies based in our area, we offer personalized face-to-face training sessions tailored to the unique needs of your female employees. Our sessions cover a range of wellness areas, including posture improvement, stress management, menopause support, and general well-being. Additionally, we provide specialized weight training sessions conducted in our private studio, focusing on building strength, improving muscle tone, and enhancing overall fitness. With our hands-on guidance and support, we empower your female workforce to prioritize their health and well-being, leading to a healthier and happier workplace environment. This is also supported with nutrition guidance if needed



In today's fast-paced corporate environment, supporting the health and performance of female employees is paramount to fostering a thriving and inclusive workplace culture. By prioritizing initiatives tailored to the unique needs of women, such as flexible wellness programs, access to resources for managing stress and enhancing well-being, and accommodations for life stages like menopause, companies demonstrate their commitment to empowering their female workforce. Investing in the health and performance of female employees not only enhances productivity and morale but also reflects a company's dedication to equality and employee satisfaction. Together, let's ensure that no female employee is left behind when it comes to their health and success in the workplace.



These program packages are aimed at supporting corporate companies in prioritizing the health and well-being of their female staff, fostering a culture of care, empowerment, and productivity in the workplace.

If you would like more information about my coaching services, or would like a package put together specifically for your workplace please don't hesitate to reach out.



Please feel free to contact me if you have any questions or if you would like to book a call use the links below

jilllawspt@gmail.com

Or visit my website

www.jilllawspt.com

Book a FREE CALL here

Book Here



My mission

Supporting women in the workplace isn't just about fostering inclusivity; it's essential for business success and employee well-being.

Women often face unique challenges, including balancing career responsibilities with family obligations and managing health issues like menopause. Without adequate support systems in place, these challenges can negatively impact productivity and morale. According to the World Health Organization, an estimated 50 million workdays are lost each year due to ill health, underscoring the significance of prioritizing employee wellness. By implementing supportive policies, providing resources for health and wellness, and fostering a culture of understanding and empathy, organizations can create environments where all employees, regardless of gender, feel valued, respected, and empowered to thrive.

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