



CEC QUIZ: Menopause and Pietra Fitness: Integrated Woman Approach with Betsy Hoyt (1.0 Physical)

Name: _____ Date: _____

1. What is the reproductive continuum in your own words:
2. How long does menopause last?
3. What is the definition of menopause?
4. How long is perimenopause?
5. When teaching a Pietra Fitness class to women who are in perimenopause what type of poses are most beneficial? List a few:
6. During perimenopause which hormone rises in the woman's body to cause weight gain around the middle?



Name: _____ Date: _____

7. Which female reproductive hormone is the main driver of osteoporosis/osteopenia and sarcopenia?

8. How can you as an instructor help your participants maintain a consistent Pietra Fitness practice?

9. What is the term that means muscle loss?

10. What specific things will you do to support this population in your Pietra Fitness classes?