



Harley Street at Home

MENOPAUSE

Health and Fitness Expert Carolyn Atkins



With over 25 years in the fitness industry, specialising in pilates, yoga & personal training, midlife women's health and fitness is my true passion.

Whether you are juggling your families needs or trying to create a work life balance, finding the time for your own health and fitness is paramount.

I've been lucky enough to work with hundreds of women over the last two decades & have gained a wealth of knowledge & experience to genuinely understand women's health and fitness needs.

Ongoing training in midlife women's health underpins my approach to moving well & often! Pilates offers so much for midlife health, helping to promote strength, improve posture, increase bone health as well as developing mobility and flexibility.

There is always a bit of time to relax too!

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