



The Benefits of Strength

Join us this May as we focus on the role of strength training in enhancing overall wellbeing and promoting long-term health.

Our webinar will explore how increasing muscle strength and lean muscle mass not only supports longevity but also helps protect against injury and illness.

The session will highlight the visible benefits, like improved physical function, and the invisible advantages such as greater resilience and reduced risk of chronic conditions.

Combining evidence-based research and practical approaches we encourage you to feel stronger and more capable in daily life by emphasising that strength training is accessible and beneficial for everyone - regardless of experience or fitness level.

Our Speaker:
Dr Georgia Black
University of Queensland
School of Human Movement & Nutrition Sciences

Georgia Black is a sport scientist, academic, and applied performance practitioner with expertise across elite sport, women's health, and strength based approaches to long term wellbeing.

Georgia has worked extensively in elite sporting environments, including roles as a performance scientist with Brisbane Roar Women and the Queensland Reds, and as Head of Performance at the Queensland Firebirds.

Her current work focuses on how applied sport science can support population health and reduce long term burden on healthcare systems by keeping people strong, capable, and resilient.

Event Details:
Tuesday 12 May
12:00pm AEST

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