

Darwin Fitness Launches A Holistic Weight Loss Fitness Program Supporting Women Through Hormonal & Midlife Shifts

'Fit for Life After 40' is a wellness program designed to support women navigating physiological & hormonal changes that emerge during their 40s, 50s, & beyond

WINTER PARK, FL, UNITED STATES, July 15, 2025 /EINPresswire.com/ -- Rooted in science and shaped by over a decade of client-focused coaching, this initiative from Darwin Fitness - [personal training and nutrition coaching in Winter Park FL](#) - addresses a persistent gap in the mainstream fitness industry: meaningful, results-driven solutions for women managing perimenopause, menopause, and midlife weight gain.

"Women in midlife are some of the most dedicated clients we see, yet they are routinely overlooked by conventional fitness programs," said Jean-Sébastien Fabre, founder of Darwin Fitness. "We designed Fit for Life After 40 to meet them with expert strategies, not empty promises—because the body doesn't fail, it evolves."

A Science-Based Solution for a Changing Body

The Fit for Life After 40 program integrates targeted resistance training, metabolic conditioning, and nutrition coaching tailored to the hormonal landscape of midlife. By addressing fluctuations in estrogen, cortisol, and insulin sensitivity, the approach empowers women to work with their biology—not against it—to achieve sustainable fat loss, preserve lean muscle, and enhance energy, mood, and sleep quality.

All programming is delivered in Darwin Fitness' [winter park weight loss private gym](#) setting, offering individualized attention without the noise or pressure of crowded environments.



Megan Farrell - Darwin Fitness Nutrition Coach

Redefining Strength, Stability, and Confidence

Recognizing the importance of preserving bone density, joint integrity, and functional strength during hormonal transitions, Darwin Fitness combines evidence-based training with focused core and mobility work. Every plan is fully customized to reflect each client's goals, lifestyle, and energy levels—ensuring a safe and effective path forward, whether returning to fitness after a break or overcoming long-standing plateaus.

Real Training for Real Life

The program departs from trend-based or “quick fix” approaches in favor of sustainable habits rooted in real food nutrition, progressive training, and mindset development. Clients gain long-term strategies for maintaining results - and confidence - for years to come.

About Darwin Fitness

Founded in 2012, Darwin Fitness is a women after 40 weight loss personal training program in Winter Park, delivering tailored fitness and wellness coaching in a private, supportive environment. Known for its evidence-based approach, the studio specializes in senior fitness, post-rehabilitation training, sport-specific conditioning, and lifestyle programs designed around key life transitions—including those unique to women over 40.

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Jean-Sebastien Fabre

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Winter Park Personal Training

To learn more or schedule a consultation, visit www.darwin-fitness.com

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