

Supplemental Reading Links – MODULE 4

Knee Osteoarthritis - Special Considerations for Midlife Women.

<https://www.athleticaging.blog/p/knee-osteoarthritis-special-considerations>

Shoulder Care is King. <https://www.athleticaging.blog/p/shoulder-care-is-king>

5 Supplements Important for Midlife Women. <https://www.athleticaging.blog/p/5-supplements-important-for-mid-life>

The Benefits of Creatine Supplementation in Active Older Women.

<https://www.athleticaging.blog/p/the-benefits-of-creatine-supplementation>

Your Body is not the Enemy. <https://www.athleticaging.blog/p/your-body-is-not-the-enemy>

Dynamic Dialog with Danny Matranga. Episode 178 - The Ultimate Creatine Pod: Dr. Darren Candow: Creatine Masterclass – Podcast <https://www.buzzsprout.com/911641/10257391-178-dr-darren-candow-creatine-masterclass-the-ultimate-creatine-pod>