



Sara Gustafson: A Return to Gender Bias: Why Women Need a Separate Container
for the Deliverance of Optimal Performance



Sara Gustafson is a Chek Holistic Lifestyle Coach and corrective exercise coach specialising in women's health, nutrition and fitness. She has been researching female-specific training through the Chek Institute since 2009. Join Sara in her in-depth presentation on the physiological differences between women and men, and how that relates to differences in movement, metabolism and injury in the female body.

TOP EMBODIMENT TIP: Women are designed and wired differently than men.

Women are Designed Differently than Men:

- Women are Physically, Mentally, Emotionally and Somatically different than men.
- Women are wired differently in the peripheral and central nervous systems: women experience a delayed reaction following stressful stimuli through the endocrine system and metabolically, and have higher levels of cortisol. This leaves women more prone to illness and autoimmune disease.
- There are many musculoskeletal differences between men and women. For example, women have much smaller joint surfaces and thinner cartilage.
- These differences are now beginning to be scientifically proven. Historically, women have been under-represented on many levels: in scientific research on exercise, in commercial marketing and funding. This is because women present a lot of variability (i.e. variables), which increases research costs.

Effects of Pregnancy on a Woman's Body:

- Post natal or postpartum effects of birth can influence a woman's body up to 20 years following a birth.
- Most women in the western world do not receive a post natal pelvic examination or assessment.

Physiological Differences are Reflected in Disease and Diagnosis Differences:

- For example, 78% of all diagnosed with autoimmune disease are women. Women are also 2 times more likely than men to be diagnosed with depression, and 2.5 times more likely to be diagnosed with anxiety, PTSD and OCD.
- There are also hormonal differences between women and men.
- Sara also explained the 4 phases of a menstrual cycle, how that influences energy levels and which kinds of movement would be beneficial or potentially harmful for women during those phases.

Resources

- ❖ **Website:** <https://primalfusionhealth.com/>, <https://chekinstitute.com/>
- ❖ **Social:** [@primal fusion](#)
- ❖ **References:** Paul Chek; Matt Sorensen



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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