

2024  
**Event**  
*eGuide*

**OLDER,  
STRONGER,  
BOLDER**

**Flipping 50®**  
**Debra Atkinson**  
**Flippingfifty.com**

# ABOUT THIS eGUIDE

Join us for an inspiring journey on women's fitness above 40.

We are thrilled to bring you world class specialists who have conducted groundbreaking research on the future of fitness and health. Our engaging sessions will cover the following topics:

- Muscle and Skeletal Health
- Adrenals, Fatigue & Energy
- Obstacles to Exercise
- Exercise nutrition
- Mindset and more!

Each day kicks off with invigorating movements sessions, followed by sought-after international speakers who will delve into how you can enhance your well-being and how it is influenced by hormones and exercise.

Customize your experience by watching the sessions based on the event flow or by themes that resonate with you.

[Join our Facebook community](#) for the daily movement videos and participate in Facebook Live where we discuss the day's movement video.

I am honored to give you access to heart-centered and science-based speakers. Let's make the most of this incredible journey together.

# TO MAKE THE MOST OF THIS EVENT

## *Unlock Your Health Potential*

1. **Discover Your Priority** Reflect on what health aspect matters most to you right now—whether it's energy, sleep, mood, muscle, strength, or something else.
2. **Write Down Questions** Confused about conflicting information? Note down your queries. What do you want to understand better? Write down any obstacles or hopes.
3. **Mark Your Favorites** Star, circle, or add to calendar the sessions you do not want to miss.
4. **Explore Summit Content** Go through the full summit event flow to gain more knowledge on tools for better workouts, how to start or restart, weekly plans, and more!

You still got it, girl! This is your time to be **hot, not bothered**. Our mission is clear: Attend the event and emerge **stronger and bolder, ready to conquer all your tomorrows**.

Let us be the trailblazing generation of 90-year-olds who walk, lift weights, and intentionally embrace high-intensity interval training (HIIT). Through the free and accessible tool of exercise, we will decrease disease and amplify joy and quality of life.

Remember, your habits and health ripple out into the world. Let's lead by example and show everyone how it's done!

*Debra*

**P.S.** If you're a health, wellness, or fitness pro, I'm so glad you're here. Consider these speakers your network. Follow them, connect and collaborate. Remember: If you want to go fast, go alone; if you want to go far, go together.

# EVENT FLOW

## SPEAKERS DAY BY DAY

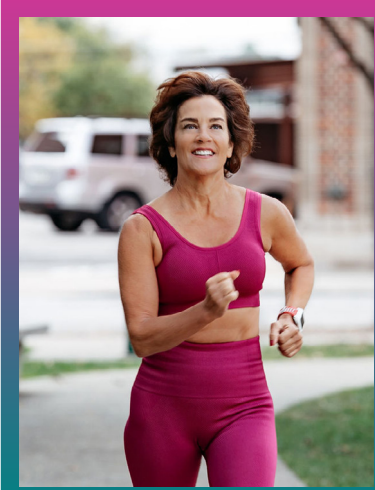
Mark your calendar!

Discover the daily lineup of inspiring speakers and their captivating talk titles. Keep an eye out for sessions marked with an asterisk (\*), as they include exciting exercise demonstrations or other engaging visuals.

Let's make the most of this incredible event together!

*Day 1*

**WARM UP**



*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Wise Warm Ups**

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*Ellen Langer*

Ellen Langer, PhD Harvard "Mother of Mindfulness"

**It May All Be in Your Head**



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*Pamela Peeke*

Pamela Peeke, National Women's Health Expert,  
Member, American College of Sports Medicine  
Board of Trustees, Senior Olympic Triathlete

**Your Body for Life: A Woman's Guide**



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*Felice Gersh*

Felice Gersh, MD, OB/GYN, Integrative Medicine

**The Importance of Estrogen for Bone & Muscle**



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*Alan Hopkins*

Alan Hopkins, MD

**Essential Lab Tests for Longevity**

*"Insulin is like fat fertilization"*



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*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Calming Cool Downs**

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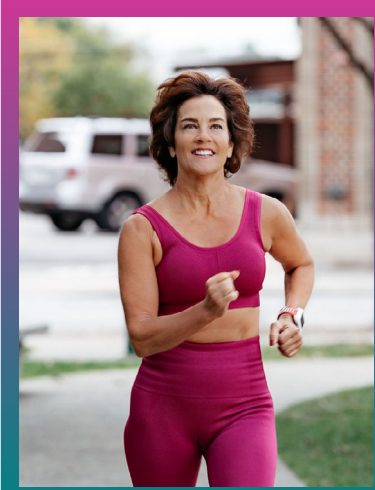
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*Day 2*

**MOBILITY**



*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Mobility That Matters**

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*Sandra Scheinbaum*

Sandra Scheinbaum, Founder and CEO, Functional  
Medicine Coaching Academy

**The Psychology of Aging & Exercise**



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*Kevin Ellis*

Kevin Ellis, Bone Coach™

**Walking is Not Enough, and Weights Aren't the Only Way**



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*Deb Matthew*

Deb Matthew

**How Hormonal Shifts Shape Exercise & Health**

*"The hope doesn't lie in the medication."*



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*Kim Vopni*

Kim Vopni, The Vagina Coach

**Leaking When You Lift is Not Normal**



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*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Mind Your Movement**

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*Day 3*

**STABILITY  
(BALANCE)**



*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Stability & Balance: Beyond One-Legged Stands**

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*Amber Ratcliffe*

Amber Ratcliffe, Founder & CEO Arbor Health  
Functional Medicine & Psychiatry

**Overcoming 3 Biggest Obstacles in  
Achieving Ageless Strength**



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*Robbie Stahl*

Robbie Stahl, The Fitness Doctor

**Form Fix: Push Ups and Deadlifts Close Up**



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*Donna White*

Donna White, Founder BHRT  
Training Academy and Hormone Authority

**The Connection Between Hormones & Exercise**



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*Rajka Milanovic Galbraith*

Rajka Milanovic Galbraith, MD

Genetics of Hormones & Exercise



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*Beverly Yates*

Beverly Yates, ND Leader In Online Diabetes Care

Blood Sugar, Belly Fat and CGMs



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*Day 4*

**STRENGTH**



*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder  
**Strength**

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*Cathy Goldstein*

Cathy Goldstein, Acupuncture Physician  
**Energy, Pain-Release and Ease**



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*Bill Campbell*

Bill Campbell, PhD; Professor; Fat Loss Researcher

**Fat Loss Made Easy (and Long Term)**



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*Michelle Sands*

Michelle Sands, ND/Naturopathic Physician

**The Role of Hormones in Exercise  
in and After Midlife**



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## Dr Sharon Stills

Dr Sharon Stills, Naturopathic Medical Doctor

**Move (and Fast) Through Menopause Like a Rock Star!**

*"Muscle is the currency of aging"*



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## Anthony Youn

Anthony Youn, America's Holistic Plastic Surgeon

**Sun, Sweat, (and more) and Aging Skin**



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*Day 5*

**POWER**



*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Powering Up Workouts**

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*Jennifer Joy Jimenez*

Jennifer Joy Jimenez, Founder Health & Wellbeing  
Division of The Brave Thinking Institute

**Joy and Freedom Through Authentic Movement**



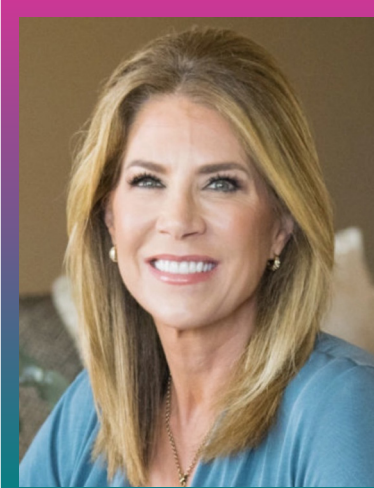
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*JJ Virgin*

JJ Virgin, CNS, BCHN, EP-C

**Gain Weight to Lose Weight**



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*Anna Cabeca*

Anna Cabeca, DO, OBGYN, FACOG

**Tips for Magic Menopause**



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*Sinclair Kennally*

Sinclair Kennally, CEO Detox Rejuvenation

**Hidden Secrets to Energy and Exercise Results**



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*Alan Christianson*

Alan Christianson, NMD

**Manage Thyroid and Hashimoto's Naturally**



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*Day 6*

**AGILITY / HIIT**



*Debra Atkinson*

Debra Atkinson, MS, CSCS, Flipping 50™ Founder

**Cardio: Agility & HIIT, Is that It?**

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*Tricia Nelson*

Tricia Nelson, Founder Heal Your Hunger

**Is Emotional Eating Why Exercise Isn't Working?**



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*Tyna Moore*

Tyna Moore, Naturopathic and Chiropractic Physician  
**Ozempic and Other GPL-1 Agonists Role in Health**



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*Marcelle Pick*

Marcelle Pick, OB/GYN, NP  
**Hormone & Bone Change with Age**



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*Maddy Dychtwald*

Maddy Dychtwald, Co-founder Age Wave

**Ageless Aging & Desirable Longevity**



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*Kerry Tepedino*

Kerry Tepedino, HHP, CCN, CST, Founder One Thought Away Project

**One Thought Away from a Body Breakthrough**



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# SPEAKERS BY TOPICS

Plan your event! Choose based on your personal priorities. Many of our speaker's topics overlap. If we're talking about muscle, we're talking about metabolism. If we're talking about metabolism, we're talking about weight loss. So, though not perfect, this list may help you prioritize your schedule (or recordings). The (\*) designates a presentation with a demonstration.

## **MINDSET & MOTIVATION\*** (Every Speaker Hit this in Some Way!)

Sandra Scheinbaum

Dr Anna Cabeca

Ellen Langer

Jennifer Jimenez

Maddy Dychtwald

Amber Ratcliffe

Tricia Nelson

Kerry Tepedino

## **MUSCLE, BONE, AGING**

JJ Virgin

Kevin Ellis

Michelle Sands

Maddy Dychtwald

Rajka Galbraith

Tyna Moore

## **FAT LOSS**

JJ Virgin

Bill Campbell, PhD

Tyna Moore

## **HEALTH & DISEASE PREVENTION**

Beverly Yates

Kevin Ellis

Sinclair Kennally

Alan Hopkins

Cathy Goldstein

## **HORMONES & EXERCISE IN MENOPAUSE & BEYOND**

Felice Gersh

Dr Anna Cabeca

Deb Matthew

Marcelle Pick

Dr Sharon Stills

Sinclair Kennally

Donna White

Dr Michelle Sands

## **EXERCISE IN MIDLIFE AND BEYOND**

Kim Vopni

Anthony Youn

Cathy Goldstein

Rajka Milanovic Galbraith

Michelle Sands

# SPEAKERS BY ALPHABETICAL ORDER

Fan girl for a specific speaker? (Don't leave the lesser-known speakers off your list! I handpicked each one for content I know will make a difference to you!) You can search here by alphabetical order.

1. **Alan Christianson**, NMD, Manage Thyroid and Hashimoto's Naturally
2. **Alan Hopkins**, MD, Essential Lab Tests for Longevity
3. **Amber Ratcliffe**, Founder & CEO Arbor Health Functional Medicine & Psychiatry, Overcoming 3 Biggest Obstacles in Achieving Ageless Strength
4. **Anna Cabeca**, DO, OBGYN, FACOG, Tips for Magic Menopause
5. **Anthony Youn**, America's Holistic Plastic Surgeon, Sun, Sweat, and Aging Skin
6. **Beverly Yates**, ND Leader In Online Diabetes Care, Blood Sugar, Belly Fat and CGMs
7. **Bill Campbell**, PhD; Professor; Fat Loss Researcher, Fat Loss Made Easy (and Long Term)
8. **Cathy Goldstein**, Acupuncture Physician, Energy, Pain-Release and Ease
9. **Deb Matthew**, How Hormonal Shifts Shape Exercise & Health
10. **Donna White**, Founder BHRT Training Academy and Hormone Authority, The Connection Between Hormones & Exercise
11. **Ellen Langer**, PhD Harvard "Mother of Mindfulness", It May All Be in Your Head
12. **Felice Gersh**, MD, OB/GYN, Integrative Medicine, The Importance of Estrogen for Bone & Muscle
13. **Jennifer Joy Jimenez**, Founder Health & Wellbeing Division of The Brave Thinking Institute, Joy and Freedom Through Authentic Movement
14. **JJ Virgin**, CNS, BCHN, EP-C, Gain Weight to Lose Weight
15. **Kerry Tepedino**, HHP, CCN, CST, Founder One Thought Away Project, One Thought Away from a Body Breakthrough
16. **Kevin Ellis**, Bone Coach™, Walking is Not Enough, and Weights Aren't the Only Way
17. **Kim Vopni**, The Vagina Coach, Leaking When You Lift is Not Normal
18. **Maddy Dychtwald**, Co-founder Age Wave, Ageless Aging & Desirable Longevity
19. **Marcelle Pick**, OB/GYN, NP, Hormone & Bone Change with Age

20. **Michelle Sands**, ND/Naturopathic Physician, The Role of Hormones in Exercise in and After Midlife
21. **Pamela Peeke**, National Women's Health Expert, Member, American College of Sports Medicine Board of Trustees, Senior Olympic Triathlete, Your Body for Life: A Woman's Guide
22. **Rajka Galbraith**, MD, Genetics of Hormones & Exercise
23. **Robbie Stahl**, The Fitness Doctor, Form Fix: Push Ups and Deadlifts Close Up
24. **Sandra Scheinbaum**, Founder and CEO, Functional Medicine Coaching Academy, The Psychology of Aging & Exercise
25. **Sharon Stills**, Naturopathic Medical Doctor, Move (and Fast) Through Menopause Like a Rock Star!
26. **Sinclair Kennally**, CEO Detox Rejuvenation, Hidden Secrets to Energy and Exercise Results
27. **Tricia Nelson**, Founder Heal Your Hunger, Is Emotional Eating Why Exercise Isn't Working?
28. **Tyna Moore**, Naturopathic and Chiropractic Physician, Ozempic and Other GPL-1 Agonists Role in Health

*Connect:*

[flippingfifty.com](http://flippingfifty.com)

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*Join the event Facebook group:*

[Facebook.com/groups/flipping50insiders](https://Facebook.com/groups/flipping50insiders)



**OLDER,  
STRONGER,  
BOLDER**

“There’s no more powerful health influencer in the world than a midlife woman.”

*-Debra Atkinson*