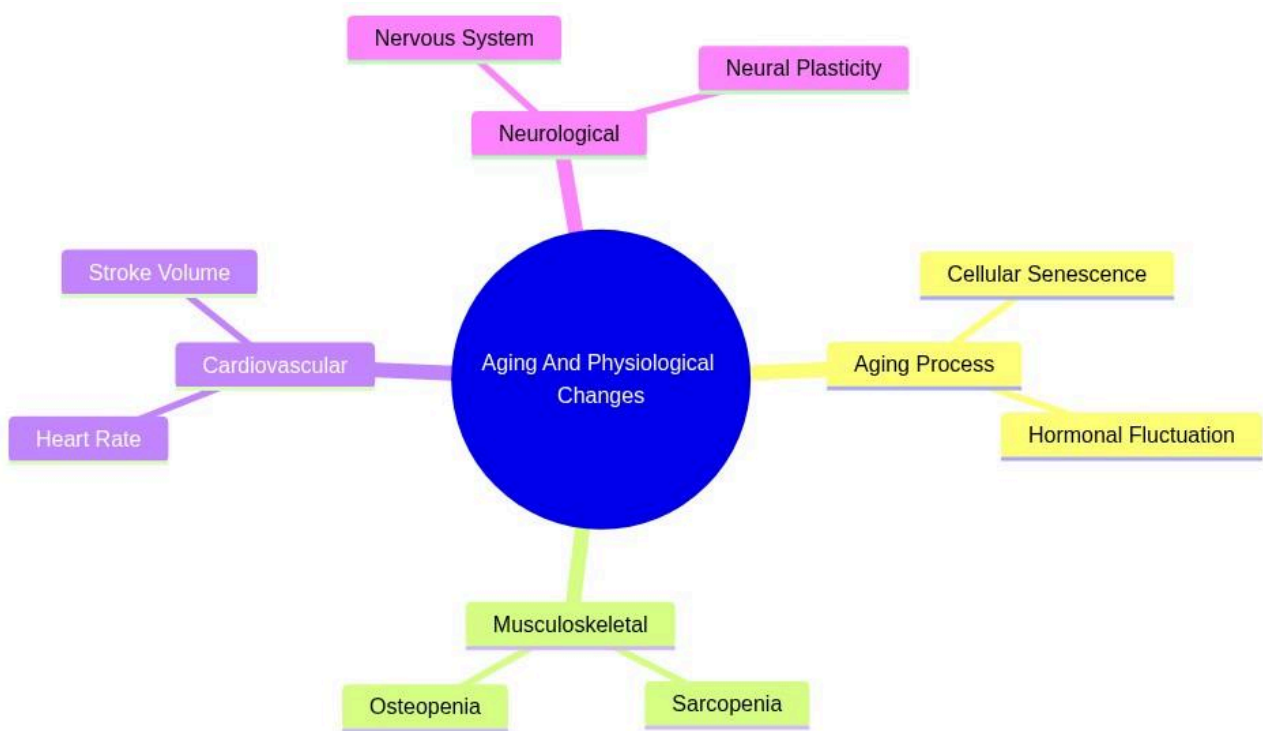


Global Certificate Course in Senior Fitness for Longevity

Aging And Physiological Changes



mindmap

```

    root((Aging And Physiological Changes))
      Aging Process
        Cellular Senescence
        Hormonal Fluctuation
      Musculoskeletal
        Sarcopenia
        Osteopenia
      Cardiovascular
        Heart Rate
        Stroke Volume
      Neurological
        Nervous System
        Neural Plasticity
  
```