



## GET ACTIVE FOR LIFE

- Are you ready to get active?
- Wellbeing benefits of physical activity
- How much? How often? How intense?
- Simple Solutions to break down barriers
- Case studies – goal setting

## STRENGTH & RESISTANCE TRAINING

- Understanding long term benefits of S/R training
- Discover basic movement patterns anyone can do
- Practical demos of strength and resistance methods
- Application to everyday life
- Taking it to the next level

## PEAK PERFORMANCE

- How to train someone to maximise performance
- Smart investments to perform better
- The importance of pre-hab to your success
- Key resistance exercises to help achieve your goal
- What to do when performance deteriorates

## GET ACTIVE WITHOUT EXERCISE

- Minimum requirements to benefit your health
- Find out why sitting is bad for your health
- Creative ways to get active
- Going a step further
- Case studies – goal setting