



Human Performance Consultants
Exercise & Nutrition 8 Week Challenge

Start: Week 1 = Monday 24th September

Finish: Week 8 = Monday 19th November

1	24 th September	
2	1 st October	
3	8 th October	
4	15 th October	
	22nd October	Public Holiday – break
5	29 th October	Nutrition workshop to be arranged for another evening during week
6	5 th November	
7	12 th November	
8	19 th November	

Session set up: Monday evenings

Options (The time slot will be confirmed depending on the preference for the majority involved)

1. 6.00–7.30pm **OR**
2. 7.00–8.30pm

What is involved?

45mins nutrition workshop (taken by Aimee Burns)

45min circuit session + exercise education (taken by Josh Hall)

Details:

- 10–12 people to register
- Need a minimum of 10 for the class to run
- At this stage only planning for 1 group for the program, so first in to register will get preference
- Will cater for range of abilities and ages

Nutrition Topics:

Week 1	24 th September	Body weight assessment + setting targets and goals Discuss body weight management + changing behaviours and habits Start food diary GP check – blood pressure, cholesterol, fasting blood glucose + HbA1c (highly recommended)
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Human Performance Consultants Ltd

Patience + Perseverance = Possibility

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Aimee Burns

BCApSc (HUNT), PGDipDiet (Credit), MSc (Distinction), NZRD
Sports and Health Dietitian
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Josh Hall

BPhysEd (Exercise Prescription), BPhy
Physiotherapist and Fitness Consultant
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2	1 st October	Food diary assessment + nutrition warrant of fitness Are you meeting the basics? (food groups)
3	8 th October	Introduction to sports nutrition
4	15 th October	Hydration and recovery
	22nd October	Public Holiday – break
5	29 th October	Reading food labels + “your guide” to supermarkets
6	5 th November	Menu planning, budgeting, healthy recipe ideas + food demo (to be arranged for another evening during the week)
7	12 th November	Preventing disease – “Health is your Wealth” Focus – Heart Disease and Diabetes (cholesterol and healthy heart management)
8	19 th November	“Entertaining” the guilt free way Last assessment + evaluating and celebrating your progress

Circuit session details: Fun and dynamic full body exercise sessions involving cardio, resistance and core tasks appropriate for everybody involved.

Exercise education details:

- How much exercise and what type of exercise is enough each week (Exercise guidelines).
- Exercise and/or event goals.

Cost details:

- \$240 (incl. GST) per person to be involved in the 8 week challenge.
- \$30 per week for 8 weeks (challenge completed week ending 25th November)
- Includes 90min weekly contact with Aimee Burns – Dietitian (45min workshop) and Personal Conditioner – Josh Hall (45mins group exercise session)
- This cost will need to be paid in full prior to the start of the challenge

Venue:

The likely option will be a community facility in central Invercargill (TBC).

For further details or to register please contact Aimee Burns or Josh Hall either via email or phone (details below).

<p>Human Performance Consultants Ltd Patience + Perseverance = Possibility (03) 21 71290 enquires@hpc.ac.nz</p>	
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