

Human Performance Consultants

Exercise & Nutrition 8 Week Challenge 2013

Start: Week 1 = Tuesday 24th September

Finish: Week 8 = Tuesday 12th November



Session set up: Tuesday 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:

- 12–14 people to register
- Need a minimum of 12 for the class to run
- At this stage only planning for 1 group for the program, so first in to register will get preference

Nutrition Topics:

Week 1	Body weight assessment + setting targets and goals Discuss body weight management + changing behaviours & habits Start food diary GP check – blood pressure, cholesterol, blood glucose + HbA1c
2	Food diary assessment + nutrition warrant of fitness Are you meeting the basics? (food groups)
3	Introduction to sports nutrition

Human Performance Consultants Ltd

Patience + Perseverance = Possibility

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Aimee Burns

BCApSc (HUNT), PGDipDiet (Credit), MSc (Distinction), NZRD
Sports and Health Dietitian
027 476 0543

Josh Hall

BPhysEd (Exercise Prescription), BPhy
Physiotherapist and Fitness Consultant
027 472 6409

4	Hydration and recovery
5	Reading food labels + “your guide” to supermarkets
6	Menu planning, budgeting, healthy recipe ideas + food demo
7	Preventing disease – “Health is your Wealth”. Focus – Heart Disease & Diabetes (cholesterol and healthy heart management)
8	“Entertaining” the guilt free way Last assessment + evaluating and celebrating your progress

Exercise Circuit session details: Fun and dynamic full body exercise sessions involving cardio, resistance and core tasks appropriate for everybody involved. Will cater for range of abilities and ages.

Exercise education details: How much exercise and what type of exercise is enough each week (Exercise guidelines).

Cost details:

- \$280 (incl. GST) per person to be involved in the 8 week challenge.
- 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: Windsor Community Hall

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>	
<p>Aimee Burns BCApSc (HUNT), PGDipDiet (Credit), MSc (Distinction), NZRD Sports and Health Dietitian 027 476 0543</p>	<p>Josh Hall BPhysEd (Exercise Prescription), BPhy Physiotherapist and Fitness Consultant 027 472 6409</p>