

Introduction

Every person within the organisation and in the world knows that exercise is an important part of life. However, when it comes to doing the right activities some of us are left at a loose end. To enable individuals to understand which exercises they should be doing and how to do them is what this programme is all about.

Theory and practical applications are taught, new ideas and techniques developed post “Jane Fonda” era, are discussed. Exercise rotation, muscle balance, strength, flexibility, endurance and speed are all topics covered to improve understanding on which exercises should be undertaken by whom.

Aims

Exercise prescription is designed to enlighten individuals about exercises available specific to their needs, goals and situation. By understanding the basic requirements the body has and applying simple exercise routines, individuals will be able to design and apply the basics to encourage a healthy lifestyle.

Benefits – to the individual

Individuals will leave the programme able to:

- Design a personal exercise programme.
- Improve current levels of activity specific to their goals
- Understand the basic theory behind exercise and the physiological affects
- Reduce the risk of injury whilst exercising.
- Understand how to exercise for optimum results

Benefits – to the organisation:

The organisation will directly benefit from the application of successful a health and wellness programme by:

- Reduced illness and less sick days taken.
- A reduction in back related problems.
- An increase in energy levels throughout the organisation.

Who Should Attend

This programme will benefit all individuals wishing to improve their health, fitness and appearance. Also anyone wishing to control their weight and feel more confident within themselves.

