

Introduction

Mention a fitness review and what do we think? There is the worried outlook that I know I should be doing more towards my fitness and I don't really want anyone else to know. There are the more bullish amongst us who think, great lets show them what I can do. Then there are the rest of us who think well I'm fit enough for my age. However, how many of us know what is the ideal level of fitness for our age, ability and lifestyle? Interestingly recent research shows that the human body is designed to function properly until we reach 120 plus years, barring accidents, poor diet and no maintenance. With that information do you think a review would be beneficial?

Aims

This programme shows how to review, within each individual's lifestyle, key areas of fitness: including mobility; flexibility, cardio-vascular and aerobic capacity; strength; co-ordination and balance, diet and supplementation and stress. From the results the programme looks at how we access our current level of fitness, run a comparison with our ideal level of fitness and identify the short falls. We then discuss in outline how you can correct your current beliefs and lifestyle to meet your ideal level of fitness.

Benefits – to the individual

The information, tools and techniques learnt during the course will impact on both personal and professional lives by: -

- Learning how to analyse our fitness levels
- Recognizing our current strengths and weaknesses
- Discovering how our fitness levels impacts on our life
- Understanding why we have chosen our current fitness levels
- Looking at the fitness of others in our chosen group
- Discussing how to create an ideal personal profile

Benefits – to the organisation:

- A healthier and more productive workforce
- A reduction in illness related days off work
- An energetic workforce

Who Should Attend

The course is designed to meet the needs of all individuals who wish to understand their current level of fitness and run a comparison with their ideal.

