

HEALTH & FITNESS WORKSHOP TOPICS

The Importance of Proper Core Strength
Cross Training, Aqua Jogging and You
The Four Energy Systems
Sports Psychology and You
The Power of The Mind
Setting Up Your Training Program
Injury Prevention & Rehab
Cures for What Ails You
Middle Distance and Distance Training
Adrenal Stress In Athletes
From Youth To Olympian
Proper Nutrition For You
In Fitness and In Health – Everyone Is An Athlete
Biomechanics and You – Form Analysis
Racing Tactics & Strategies
Circuit Training
Training The Heart – Training You
The Miracle Called Water
Developing A Long Term Approach To Health & Fitness
Parents and The Young Athlete
Enhancing Athletic Performance