



## FITNESS COURSES

2010

### Secrets to Recovery

The secret is unlocked: it is not the actual exercise sessions that deliver results; it is the individual's ability to recover from those training sessions that does.

There are many reasons why people's training fails to deliver optimal results. One of the biggest is that they don't take enough time to recover from the training stimulus. For the first time you can access a cutting edge workshop packed full of the latest information on recovery and regeneration from exercise sessions.

Over the past few years there has been an enormous amount of focus placed on an athlete's/clients ability to recover from training and competition. We are all becoming familiar with images of footballers swimming, or walking in very cold water (early morning beach sessions in the middle of a Melbourne Winter!), sitting in ice baths, or having contrast (hot and cold) showers.

Most of us recognise these images however many of us do not understand the rationale as to why athletes/clients would put themselves through a number of these methods that are sometimes uncomfortable.

Scientific investigations looking at the effectiveness of recovery strategies are rare. However, anecdotal reports from coaches and athletes continue to grow. The reality of many of the popular training methods that work in real world situations is that science takes time to catch up to what is happening successfully in practice, i.e. science hears about a method that is having success and then investigates. It is not uncommon to have to wait for years for the science to catch up to what is currently happening in the field. This workshop is going to unravel the principles of recovery and guide you through the numerous strategies that are available for enhanced performance.



### You can expect to learn...

- Why you should have a good recovery strategy to boost your overall training performance.
- The different types of fatigue and how they impact on your training and your health.
- Which recovery technique should be used to combat the different types of fatigue to which your body is exposed.
- How you can unlock your potential by increasing your training window of opportunity.
- Practical advice, programs and training tools that you can start using immediately to enhance your health and overall training performance.
- 1 PDP/3 CEC points

### Be coached by one of Australia's best

Access information from one of Australia's leading experts in the area of exercise programming.

### What people are saying about Career Fitness?

"My experience with Career Fitness has been exceptionally Positive... I have been able to provide quality Exercise Programs to our members, as well as, a greater level of customer service." **Rosa Bunn**

"The course was awesome and has been completely life changing for me! I'm looking forward to a new and exciting career"  
**Joelle Brown**

## Secrets to Recovery Presenter – Aaron Whear



Known as the trainers, trainer Aaron has a natural instinct for success. In business, sport and family life Aaron plays with a Game Plan.

The result is he is a leading business owner, sporting warrior and supportive husband and father. Having worked with hundreds of health professionals Aaron's Game Plan is tailor made for our industry.

Aaron began his career in the fitness industry as a gym instructor in 1992. He quickly moved his way up the ranks firstly as a personal trainer and then as a gym manager. It was during his role as a gym manager that Aaron realised there was a gap between what gyms required from employees and what training providers were delivering to students. This led to his move into Fitness Leader education and a strong desire to help bridge the gap between education and what is required in the "real world" as a fitness instructor.

Aaron now runs Career Fitness, a consulting company based in Melbourne. Career Fitness partners with the Centre for Adult Education (CAE) to deliver the Certificate III and IV in Fitness as well as a wide range of CEC/PDP point courses. Career Fitness also offers a mentoring and coaching service that shows health and wellbeing business owners how to improve business efficiencies and profitability based on his philosophy of the "game plan".

## Secrets to Recovery Training Course Details:

**Date:** Saturday August 14, 2010

**Venue:** CAE  
253 Flinders Lane  
Melbourne

**Course Code:** DJQ59002

**Time:** 9.00am – 12.00pm

**Price:** \$105

## Enrolment Process

### Option 1 -

#### Enrol by phone

Telephone enrolments can only be accepted if you have one of the following credit cards:

- Mastercard • Visa

Phone 9652 0611

8.30am to 6pm Monday to Thursday

8.30am to 5pm Friday

Please have your credit card number, card holder's name and expiry date ready. It will also assist us if you have your student number ready - if you have participated in a previous course, you will find your student number on your class receipt.

### Option 2 -

#### Enrol by mail

Send your completed enrolment form together with your payment (cheque, money order or credit card details) to:

CAE Enrolments  
21 Degraeves Street  
Melbourne Victoria 3000

Please note: Your payment will be returned if the class is fully booked.

To download enrolment form go to:  
<http://www.cae.edu.au/?cinfo=enrolments>

### Option 3 -

#### Enrol by fax

Fax enrolments can only be accepted if you have one of the following credit cards:

- Mastercard
- Visa

Fax your completed enrolment form to 9654 7840. Please mark your fax Attn: Enrolments.

Conditions: This program is non-refundable

**Career Fitness**

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