

# HEALTHY PERFORMANCE™

UNLOCK POTENTIAL

## WHY?

Do you work with clients or community members who need a bit of extra help to get healthy?

Healthy Performance is a program designed for people who have unique challenges and barriers that are making it hard to live a healthy lifestyle. They might live out of town or lack transport, find gyms or big groups unnerving, or need help to get fit and keep a job.

Healthy Performance takes away common barriers to being healthy, helping unlock potential.

*"Research suggests that even single bouts of resistance exercise can produce moderate improvements in anxiety."  
Front Psychology, 2014*

## HOW?

- One-on-one training from an experienced strength and conditioning coach, and nutritionist with a holistic approach to improving performance and overall health and wellbeing.
- Train to specific and personal goals - no more ineffective exercises or drills.
- Expect to see improvements in flexibility and mobility.
- Develop strong and functional core strength to keep your body strong, resilient and injury-free.
- Get tips on healthy eating to support your lifestyle and activity goals.
- Healthy Performance can be flexible to your needs, enquire today to see if we can solve your problem.



## WHO?

Hayden Fox is our super coach! He has a real talent for helping people get excited about their health and wellbeing. Hayden is known for making participants feel comfortable, ready to have a go at any activity (and even laughing at his jokes!)

Hayden has years of experience working with people with all different abilities and from all different backgrounds. He also has a Degree in Exercise Science, a Graduate Certificate in Human Nutrition, is a registered exercise professional and personal trainer, and has his current Working with Vulnerable People check, First Aid and Mental Health First Aid.

## CONTACT:

### Hayden Fox

Project Coordinator | Coach

### Email:

hayden.fox@healthytasmania.com.au

### Phone:

0438 386 025

### Website:

www.healthytasmania.com.au



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