



HEALTHY PERFORMANCE™

STRENGTH & CONDITIONING TRAINING FOR ATHLETES

WHY?

Do you have certain players who have great potential but lack the capacity to undertake specific training?

Are you the parent of a young person who wants to improve their game and personal performance?

Healthy Performance is a strength and conditioning program designed specifically for players who wish to take their performance from 'good' to 'elite' or need support to make gym-based training work for them.

The outcome of a review conducted by British Journal of Sports Medicine in 2018 found that strength training reduced sports injuries by 66%, highlighting its need to be an integral part of athletic preparation.

HOW?

- Overcome the biggest mistakes made inside and outside the gym.
- Train to specific sporting goals; no more ineffective exercises or drills.
- Build strength, power and muscle, or surge muscular endurance to go longer.
- Start seeing PBs at training, and on the track and see better performances on game day.
- See improvements in flexibility and mobility.
- Develop strong and functional core strength to keep the body strong, resilient and injury free.
- Personalised programs that complement the training provided by your existing club/coach.
- 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.

WHO?

Hayden has years of experience working with people with all different abilities and from all different backgrounds.

He 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.

Hayden works with people each week to help them reach their potential as a personal trainer, has long enjoyed working seasonally with sports clubs as a strength and conditioning coach, and has done practicum stints at both AFL Tasmania and the Tasmanian Institute of Sport.

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