

HEALTHY PERFORMANCETM

STRENGTH AND CONDITIONING TRAINING FOR ATHLETES



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 enhance their game?

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'.

THE DEAL

- Overcome the biggest mistakes that are being 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 PB's made at training, on the track and see better performances on game day.
- See improvements in flexibility and mobility.
- Develop strong and functional core strength to keep body's strong, resilient and injury free.
- Personalised programs that complements the training provided by your existing club / coach.
- One-on-one training available from an experienced strength and conditioning coach and nutritionist with a holistic approach to improving performance and overall health and wellbeing.

ABOUT YOUR COACH, HAYDEN FOX

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. His experience includes: Lead S&C Coach at North Launceston Football Club, and practicum involvement at both AFL Tasmania and Tasmanian Institute of Sport.



CONTACT

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TESTIMONIAL

Hayden went above and beyond what I thought was possible for our playing group. Our low injury rate was attributed to the strength and conditioning work Hayden did and for this I thank him very much. North Launceston finished on top of the ladder and won the 2019 Tasmanian State League Premiership.

Taylor Whitford, Coach of North Launceston Football Club

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