



# Physical Dimensions

Seminars/Workshops 2015/2016

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## **Exercise & Physical Activity; an overview:**

A look at exercise and the wide range of benefits that regular physical activity can bring

## **Adherence & Compliance to Exercise:**

Why do so many people find it difficult to keep to an exercise regime? We'll discuss the various reasons of why, despite the obvious benefits of exercise, less than 20% of the UK regularly take exercise.

## **Exercise Benefits & Prescription (performance):**

Are you applying the correct training principles to improve your sporting performance? Less than 5% are.

## **Exercise Benefits & Prescription (health):**

A look at how correct exercise prescription can benefit the wide range of health problems such as obesity, diabetes and CHD, often associated with the western world.

## **Nutrition for Optimal Performance:**

A detailed look at the types, amounts and ratios of the different food groups required for optimal performance, and the most effective way of refuelling the body

## **Weight Loss programming:**

Find out the most effective and sustainable methods to lose and keep off excess body fat. No fads or crazes, just scientifically proven methods

## **Exercise & the Older Adult:**

What are the barriers to an active life as we age? What benefits can we expect from exercise as we move into our later years? This seminar takes a detailed look at the barriers and benefits of exercise for the older population

## **Exercise & Mental Health:**

Mental health will directly affect 1 in 4 of us at some time during our lives. With the stresses of work and home life increasing, these statistics are expected to rise significantly over the next decade. What role can exercise intervention play in alleviating this worrying trend?