Offering for 2014

• FITNESS INSTRUCTOR TRAINING COURSES
• EXERTIME – NON-EXERCISE PHYSICAL ACTIVITY SOLUTION
• higher blood levels of sugar and fats
• lower levels in protective enzymes
• higher risk of metabolic syndrome
  • heart disease
  • stroke
  • type 2 diabetes
• increased risk of cancer
• increased risk of deep vein thrombosis
• larger waistlines

Saunders et al. (2012)
It’s simple.. substitute low-grade energy expenditure for NEPA
You must exercise within the next 59 minutes.

If you're busy you can delay the launch of Exertime by specifying a delay below and then clicking the Postpone button.

Remind me to exercise in: 5 minutes

[Buttons: Exertime Now, Postpone]
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Remind me to exercise in: 5 minutes

Exertime Now  Postpone
What makes Exertime different from other WHWP
So how much does it cost?

- Free
- Pay for any research & induction - negotiated
FITNESS INSTRUCTOR TRAINING COURSES

• RTO for Certificate III & IV in Fitness (SIS30310 & SIS40210)
• Experts in all areas
• Tailored to fit individual organisation requirements
• Eligibility for VET subsidies
• Week-end courses – Face to Face and on-line
• Hands on training, expert educators, researchers, & practitioners in health & wellness
• $1200