

Timberhill Athletic Club Health Education Programs

Physical Activity and Exercise

- Healthy Activity vs. fitness..... What's the difference?
- Health Benefits of Physical Fitness
- The Exercise Personality (pts 1, 2, 3)
- Mind-body exercise, Why is this so popular? Is it really effective?
- “Staying with it” Staying motivated with physical activity through the year
- The benefits on NOT exercising (part of the “change management” program)

“The Heart and mind of the Athlete”

Specially designed workshops for the highly motivated exerciser. These sessions look at the psycho-social aspects of exercising at a high performance level

These special sessions are geared for the endurance athlete (i.e. runners, cyclists) and the Gym performance athletes (i.e. body builders, extreme strength trainers, other sport performance participants)

All sessions are offered in 45 min – 1 hour training blocks.

All sessions are FREE to employees and family members (based on benefits guidelines of sponsoring company, organization)