



BARBAGALLO JAGUAR

MEN'S HEALTH SERIES

THE IMPORTANCE OF FITNESS BY JAGUAR

Wednesday, 3 April 2019



OUR MC & PRESENTERS



MC
**ROHAN
GUNTTON**

Holding a Bachelor of Science Degree (Leisure Science) from Edith Cowan University, Rohan has 20 years' experience in the sport and recreation industry with over 10 years' experience at senior/executive management level. Prior to commencing his professional career in the sport and leisure industry Rohan was a national level swimmer specialising in 100m and 200m backstroke. Rohan was also successful junior footballer, basketballer and runner.

As an adult Rohan's focus has shifted from competitive sport to exercising for personal wellbeing and now enjoys cycling, walking and running (when his knees allows it).



PRESENTER
**IAN
WEE**

Ian Wee is Managing Director for the Perth Integrated Health Group of Companies as well as Board Director for Sports Medicine Australia here in Western Australia.

His concurrent portfolio includes that of Sports Medicine Director for the Belgravia Leisure WA group as well as Medical Classifier for Cycling Australia and Paralympics Australia. He is a Fellow with the Australian Institute of Management and clinical and sports medicine practitioner for over 30 years with an extensive event management, project management and sports management portfolio.



PRESENTER
**ANDREW
NG**

Andrew is the State Health & Fitness Manager for WA and Facility Manager of Loftus Recreation Centre with Belgravia Leisure. With 27 years in the fitness industry across various roles, one of Andrew's current responsibilities as a Master Trainer for Belgravia's Face2Face Fitness and Coaching Zone programs, sees him assist in the launch and growth of new programs and develop trainers to deliver the highest standards in coaching, customer service and retention to Belgravia Leisure in WA, SA and NZ.

Andrew continues to work on his own health and fitness, putting himself through Coaching Zone and Face2Face's Power 6+ workouts to ensure that the quality and outcomes of these programs deliver what they promise – results.



PRESENTER
**JILL
HUNTER**

Jill Hunter graduated from Curtin University in 1999 and has worked in a variety of fields. She has always been interested in sports and has worked with various football, soccer and rugby clubs around Perth.

She specializes in biomechanical podiatry and is one of the few Podiatrists in Perth who use myofascial therapy to treat various foot conditions. She has a very practical approach to Feet Care and Balance with patients also through the life span from children to the elderly where hands on application with practical advice is always available. She is Principal Consultant with the Perth Integrated Health Group of Companies.

AGENDA FOR THE EVENING

The Importance of Fitness by Jaguar

Wednesday, 3 April 2019 | Time: 7:00pm to 8:00pm

The feline sleek lines of the Jaguar vehicle portray a powerful presence which shouts fitness and health. An excellent choice to represent the cutting edge understanding of Fitness for Men in the 21st century.

This practical workshop has three components namely the latest applications for Fitness in Sports Medicine followed by a ground breaking session on Body Balance for Men presented by the fitness professionals from Belgravia Leisure. Body Balance is almost always related to your feet – stability, strength and balance. This introductory taster into the ever popular BODYBALANCE™ fitness program will improve your mind, body and your life. Breathing control is a part of all the exercises while you strengthen your entire body.

The third segment will see the understanding and appreciation of the Fitness of the Feet which forms the fundamental platform for all of our functional self. Whether at work at sports or play - understanding the proper function of Feet Biomechanics goes a long way as the basis for your Fitness and Health



OUR PROUD SPONSORS



THANK YOU FOR ATTENDING

Thank you for attending this presentation. We hope you enjoyed your time.
Please view the schedule of presentation topics we will be holding from 7:00pm - 8:00pm
every Wednesday night between 20 March - 1 May.

Wednesday 20 March - Heart to Heart by Alfa Romeo

What better way to learn about the benefits of Heart Health, than over a glass of Red Wine as we expound the benefits of wine and explode the myths. This first in the series of seven sessions, covers the benefits of Red wine as understood by the ancients but often confused by modern medicine in the age where excess consumption overrides the benefits, presented by the wonderful vintners of Howard Park Wines.

Wednesday 27 March - Performance Enhancement by Ferrari

Performance Enhancement has many faces and what better way to explain and educate men is none other than Dr Peter Nathan. Peter comes with amazing credentials as past Chairman and President for Sports Medicine Australia with post graduate qualifications in Sports Medicine and Fellowship in this discipline. This will be followed by an amazing presentation by Duncan Hardy about understanding Testicular Health which most men will appreciate and understand! Andrew Ng is the important third wing of this presentation as he brings to you the reality of his journey from injury to fitness and health.

Wednesday 3 April - The Importance of Fitness by Jaguar

This practical workshop has three components namely the latest applications for Fitness in Sports Medicine followed by a ground breaking session on Body Balance for Men presented by the fitness professionals from Belgravia Leisure. Body Balance is almost always related to your feet – stability, strength and balance. This introductory taster into the ever popular BODYBALANCE™ fitness program will improve your mind, body and your life. Breathing control is a part of all the exercises while you strengthen your entire body.

Wednesday 10 April - Endurance by Maserati

This session showcases Nathan Charles, our international Australian Rugby Union player, who himself lives with Cystic Fibrosis (CF) and is believed to be one of the only people with CF in the world to continue playing contact sport at such a successful level. Following segment we will cover the importance of Endurance in understanding Neuromuscular Change where function and fitness is maintained and how techniques can be applied in clinical and sports medicine to make a long term difference - in short Endurance in Health Care.

Wednesday 17 April - Coaching Zone

This our BONUS segment is for all men interested in the innovation of what Coaching Zone brings. It embraces the techniques and technology espoused by our clinical and sports medicine team in a training manner which builds on your strength and conditioning and cardiovascular self.

Wednesday 24 April - Volvo for the Next Generation

The importance of Fathers and the role that they play with the next generation is often understated and misunderstood. Engaging Fathers to be better parents for their children and also providing them with the skills to do so is part of this important quest as research has already proven the positive roles that Fathers play in this.

Wednesday 1 May - Land Rover & The Science of Cycling

Cycling Biomechanics and Physiology of the sport is much needed as the overall numbers for this sport continue to rise over the years. With many people being late adopters of the sport, often after a period of sedentary lifestyle or a move from other sports, there is often little understood about the complexity of cycling biomechanics. Join Ian Wee the Medical Classifier for Cycling Australia, through this one hour journey that will challenge your understanding and add value to your sport.