

education.

Focus: empowerment.

At B32 Athletics, our mission and focus is to empower others to discover and live their most fulfilling life. Our suite of educational workshops is our way of sharing what we know to provide people with the tools and knowledge they need to take control of their own journey.

Education suite.

Our education suite currently includes the following workshops:

ENRICH

A practical and insightful look at how to align your life with your highest values to reach true happiness - and stay there.

FUEL I

An introduction to nutrition for optimal health. Learn about the importance of gut health, what good nutrition actually looks like, and how to implement it to ensure a healthier life for you and your family.

FUEL II

Taking Fuel I to the next level, individualise nutrition for optimal health and body composition and learn key fuelling strategies for performance.

STRESS

A workshop about the physiology of stress and why it may be the underlying factor for many, if not all of your health complaints. Learn about internal, hidden stressors and the impacts of these on your health. Understand some simple strategies to mitigate stressors to claim back your health, vitality and energy for life.

FEMALE FITNESS FRAMEWORK

A female-specific, in depth look at hormonal balance and imbalances, the importance of structural integrity, and how to assess and program for it within fitness. We'll talk about considerations for body composition and smart training frameworks for constant, safe, improvement in health & fitness.

REHAB

Are you in pain? Stiffness, niggles and bodily annoyances are not normal. A practical-based workshop on understanding and improving functional movement and mobility for both fitness and life.

PROGRAM DESIGN FOR FITNESS

Is your exercise program killing you? An insight into intelligent and strategic training programs designed to give you safe, continual progression towards your health and performance goals. More is not better, better is better.

ENERGY SYSTEM TRAINING

An insight into the different systems used to produce energy in the body, and the interplay between them. Learn which specific energy systems you need to train for your sport and aims, and how to intelligently train them to achieve your maximum athletic potential.

RUN

Most people think that to run well you simply have to do more. This often leads to injury, frustration and lack of optimal results. Running should be based on finding rhythm and feeling good. This practical workshop teaches sound mechanics, an understanding of the skills required to run efficiently and techniques to become comfortable with breathing.

DESIGN BY REQUEST

A fully customised workshop to meet the needs and requirements of your organisation.

Please contact us for more information and our corporate workshop rates:

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