



Presents

ENERGISE

The word "ENERGISE" is written in a bold, blue, sans-serif font. The letter "S" is replaced by a stylized atom symbol, consisting of a central blue nucleus with three grey orbits and three grey electrons.

*SCHOOL FITNESS
PROGRAM*

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WHO WE ARE

Ashayne Fitness comprises of a passionate team of fully qualified personal and group fitness trainers who offer a full term exercise program catering for all levels of fitness.

We are committed to creating awareness of human movement, nutrition and the important role it plays in everyday life.

Our programs are designed for all age groups and suit a range of participants from elite athletes aspiring to a state or national level, to children who have never done any exercise before.

We offer an affordable, safe and effective program that incorporates physical movement, strength and conditioning, speed and agility and functional fitness that can be used in everyday life.

OUR PROGRAM

The Energise program teaches children to empower themselves to take control of their life and boosts self-esteem. Every child is educated on the skills required to set positive habits for a future of good health and encouraged to implement these skills in their everyday life.

We have found this program to literally change a child's life! A quiet, withdrawn student who may be experiencing social problems, depression or anxiety discover they can do things they never dreamed of before. It has been proven that a child who regularly exercises, eats a balanced diet and has adequate sleep are more alert, achieve greater academically and are socially more content in handling life as a teenager.

The Energise program will enhance or supplement your current PDHP curriculum by providing individual results and team building exercise for students. We provide all necessary equipment and sessions are undertaken at your specified location whether at a school ground, oval, park, playground or beach.

Each student will have a fitness assessment in week 1 which enables the trainer to gauge individual abilities. Another assessment is done in the final week to measure and celebrate improvements.

All students are encouraged to do their best but mostly get out there, have some fun and reap the rewards of a healthier lifestyle.

STRATEGY FOR SUCCESS

Ashayne Fitness teaches students that exercise is not a chore but is an exciting adventure of self-discovery and a path to building a meaningful life. Although we are serious about exercise and its benefits, we have created a program that also involves the fun factor. Through many years of experience, we recognise that if a student is having fun during our program, they are more likely to participate and show enthusiasm.



INVESTMENT

Our School Fitness Program is an affordable option for your school sports curriculum. As a guide, sessions start at \$4.00 through to \$6.00 per student depending on number of participants.

IMPLEMENTATION

We have had the pleasure of implementing our School Fitness Program at the following Schools.

Wyong High School	Wadalba Community High School	St Peters Catholic College
Gosford High School	Wadalba Primary	Killarney Vale Public
Lady of the Rosary Wyoming	Erina Primary	Tuggerah Primary
Wyong Creek Primary	Lady of the Rosary Shelly Beach	Kanwal Public School
Tacoma Public School	St Cecilia's Tuggerah	Jilliby Public School

TESTIMONIAL

Shayne Forbes has provided personal training for students of St Peter's Catholic College for the past three years as part of the school Sport programme. During this time we have always found him to be reliable, conscientious and professional. Shayne has an outstanding rapport with students of all age groups. He is positive, enthusiastic and inspires all students to do their best.

Shayne has excellent behaviour management skills; he has high expectations and sets realistic challenges for the students. He is willing and able to differentiate his instruction to accommodate students of differing levels of fitness and abilities. In particular we have noticed his rapport with student with disabilities and learning difficulties. He is both encouraging and caring in his approach.

Shayne has a high level of expertise and understanding of all areas of personal fitness and training. He has a range of equipment at his disposal and utilises this to ensure sessions are both engaging and varied.

Shayne creates a dynamic, challenging, respectful and safe environment in which our students have gained much. They always respond well to his calm demeanour and they really do just have a great deal of fun.

We have no hesitation in recommending him as a self-motivated, enthusiastic and knowledgeable personal fitness instructor.

Lyn Charles
Adaptive Education Co-ordinator
St Peter's Catholic College Tuggerah
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