

## Women and Weights – The Keys to Training Success (1 hour)

This presentation includes an analysis of the differences between the genders in relation to such areas as body fat, strength differences, training responses and muscle mass. There is discussion on the effects of weight training as well as a host of training tips and program design suggestions to ensure that you get the best possible results from your training program.

**Presented by: Paul Wright B.App.Sc(Physio). Dip.Ed.(P.E.)**

Paul Wright is one of Australia's leading health and fitness educators. His academic qualifications include a Bachelor of Applied Science (Physiotherapy), a Diploma in Education (Physical Education) and an Advanced Diploma in Business Management. He currently owns and operates multiple Get Active Physiotherapy clinics in Australia - some of which are located inside Fitness First Health Clubs. Paul has been actively involved in health education for more than 20 years, having lectured to over 15 000 health professionals in the areas of program design, injury prevention, and more recently in business management.

He was awarded the 2002 Australian Fitness Network Presenter of the Year and the 2004 Author of the Year.

### DVDs/Videos Available from Get Active Physiotherapy include:

- 1/ The Million Dollar Health Professional – Part One (2 hours)
- 2/ The Million Dollar Health Professional – Part Two (2 hours)
- 3/ Women and Weights ( 1 hour)
- 4/ Core Stability and The Better Back Program (2 hours)
- 5/ Knee Injury Prevention and Rehabilitation (2 hours)
- 6/ Shoulder Injury Prevention and Rehabilitation (2 hours)
- 7/ Lumbar Spine Injury Prevention and Rehabilitation (2 hours)
- 8/ Potentially Dangerous and Ineffective Exercises (2 hours)
- 9/ Rehabilitation, Core Stability, Personal Training Using the Swiss Ball (1.5 hours)
- 10/ Advanced Resistance Training (3 hours)
- 11/ Bigger, Stronger, Faster – Strength and Conditioning for Rugby league and Rugby Union (2.5 hours with Ashley Jones M.Sc.)

To see a 5 minute preview of each DVD and to order online visit [www.getactivephysio.com.au](http://www.getactivephysio.com.au) and follow the links to the online shop.

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*presents*  
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**Paul Wright**