

WELCOME FROM DENNIS HOSKING



As we rock and roll into the new year, I'm excited to welcome to Issue 3 of Raising The Bar.

With so much tragedy going on around the world it's a good time to take stock of all that matters, and to remind ourselves that we're in a highly unique position that enables us to directly help people cope with the stress and anxiety that natural disasters and uncontrollable incidents can create.

We're so fortunate to have the skills, the empathy and the knowledge to really make a difference in the lives of our clients and members – not everyone can say their job affords them that privilege, and it's a humbling reminder of why we're in the industry that we are.

As usual, this issue is jammed with ideas and tips to help you continue to make a difference in your chosen community. And as always, I welcome your feedback and ideas, which you can submit via the form on page 20 or by emailing us directly using editor@fitrec.org

D Hosking

Dennis Hosking

Founder & Managing Director

FITREC & HealthyPeople

Raising The Bar is published by FITREC and HealthyPeople. Before trying any new exercise, nutrition or health regimes you should consult an appropriate health or fitness professional for clearance. The information in this publication is not a substitute for advice or consultation with any health, medical or fitness professional. The health and fitness industries often provide conflicting – sometimes even contradictory – information; as the reader it is your responsibility to safely determine what does or does not work for you. Any prices stated are the recommended retail prices in Australian currency and may be subject to change. While every effort is made to ensure accuracy, all parties associated with the production and publishing of this magazine accept no responsibility for the correctness of any facts and the copyright responsibility of all articles lies with individual contributors. Opinions expressed by the authors in this magazine do not necessarily reflect those of other authors, the publisher or any of its production or publishing team. Copyright ©2020. All rights reserved. No material in this magazine may be reproduced without written consent from the publisher.

CONTENTS

- 3 Newsflash & The Tribe Vibe
- 4 Best Practice
- 6 Breaking News
- 8 Better Business
- 10 Featured FitPros
- 11 Coming Right Up
- 12 Top Tips for Training
- 14 Top Tips for Teaching
- 16 Industry Insights
- 18 Marketing Magic
- 19 Research Bites
- 20 Feedback & Subscribe Form

FITREC™

Phone: 03 9021 0836

Email: hello@fitrec.org

Web: fitrec.org



HealthyPeople

Phone: 03 9021 0836

Email: hello@healthypeople.com.au

Web: healthypeople.com.au



Editing: All Smiles Creative

Graphic Design: Novu Creative