

# FRIENDS OF FITREC

We're inspired by these businesses who are doing incredible things in fitness.

## Australian College of Weight Management (RTO 45052)

The Australian College of Weight Management (RTO 45052) has helped fitness professionals from all over Australia provide more for clients and expand their business via a qualification in Weight Management.

Both the 10576NAT Certificate IV in Weight Management and 10698NAT Diploma of Weight Management provide a holistic approach that enables fitness professionals to personalise weight management plans - including the ability to write behaviour change plans and individual meal plans that ensure long-term change. Better results for your clients means better results for you and your business. Both qualifications are FITREC LEVEL A accredited.

To find out more about how to add Advanced Health Coach, Weight Management Specialist or Nutritional Coach to your fitness qualifications.

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## Active Rehab Solutions

Active Rehab Solutions provide face-to-face and online workshops that give fitness professionals the skills and knowledge to develop customised exercise rehabilitation programs.

These courses are written and presented by Merrin Martin (BAppSc BSpSc MAPA Senior Physiotherapist, Exercise Physiologist & Clinical Pilates), and all workshops have been designed to be highly practical. They've also been developed using Merrin's 20+ years of physiotherapy experience.

In every workshop you'll learn the skills to assess and identify areas of weakness or dysfunction, and the appropriate exercise progressions that are most successful in prevention and rehabilitation of injury.

Presented throughout Australia, or available any time online, these workshops have become an essential extension to the training and education of all fitness professionals.

VIEW ALL UPCOMING COURSES



## Evolt

The Evolt 360 Body Composition Analyzer, is a 60-second scan that provides data about a body via more than 40 separate measurements. The Evolt 360 Body Composition Analyzer works in tandem with the Evolt Active App, a health and fitness app for tracking body composition, macro-nutrient profiling, healthy lifestyle scoring and individualized supplement recommendation. It also includes 'Evolt Insights', an analytic and challenge portal for Evolt 360 owners.

An Australian made company (Brisbane based), Evolt has become a global provider of biometric scanning, securing contracts in multiple sectors, including health insurers, health and fitness retail, government bodies and some of the world's largest gym chains.

Evolt has the tools to help your members achieve their health and fitness goals.

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## Onfit Training College (RTO 32107)

In 2020 Onfit Training College (RTO 32107) will launch the first official Virtual Reality option in fitness education.

"We are very excited to bring the Virtual Classroom to our students" says Shannon Bacchi, Marketing and Operations Manager for Onfit. "We're able to give students a whole new way to learn about health and fitness. For example, using 360 degree videos, students can be transported into the body to experience the nervous system in action."

Using the virtual reality headsets, students are also able to speak to, and interact with, their tutors and classmates, all within the virtual live class environment. Shannon adds, "This is remote learning as it's never been before. Students don't have to travel anywhere - as soon as they just put on their headset, they're in the classroom!"

Onfit's Virtual Classroom Tutorials are an optional extra for fitness students undertaking their online SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness. To learn more about Onfit's VR addition to fitness education.

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## The Functional Training Institute (FTI)

The Functional Training Institute (FTI) are a movement-based education company focusing on functional training and movement restoration based training methodologies. Since beginning in Sydney in 2009, Tarek Michael Chouja and Daniel Henderson have built FTI into a global brand servicing over 15 countries worldwide.

Known for innovating the fitness industry with the first accredited kettlebell and battling ropes courses, FTI have evolved their movement based concepts to formulate a system around functional training called the Adaptive Functional Training systems (Adaptive FTS). This is a methodology that's taught in the **Master Functional Trainer program** the world's most comprehensive functional training system. FTI have worked with some of the best movement specialists globally, acquiring a cutting edge in movement education that fuses practically derived knowledge with an evidence based approach. Another of FTI's groundbreaking programs is the **Movement Restoration Coach**, which fuses the best functional and rehab trainer protocols.

FTI is a values-based company with a vision to maximise the impact of coaches globally. To claim a FREE copy of FTI's best-selling book called *Purpose Driven Movement*, you can email Tarek [here](#).

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