



- Do you need to:**
- Lower your blood pressure
  - Lower your cholesterol levels
  - Increase your energy levels and productivity at work
  - Reduce weight
- Do you want to:**
- Achieve and maintain a healthy weight
  - Reduce risk of developing type 2 diabetes and other chronic lifestyle conditions
  - Ensure a healthy heart
  - Build and maintain your muscle strength
  - Prevent osteoporosis and improve bone mineral density
  - Improve your flexibility
  - Keep up with the physical pursuits of friends, children and grandchildren
  - Reduce the risk of falls and fall related injuries
  - Enjoy food and drink without guilt and consequences
  - Improve your mood, energy and quality of life
  - Feel better about yourself
  - Live a longer happier life

If you have answered yes to any of the above then **NOW** is the time to take charge of your life. **Take action. Be the change you want to see** – contact Helen Vincent at Peake Physique **TODAY** and book your **free initial consultation**.

### **Why choose Peake Physique**

Hello. My name is Helen Vincent and I am a **Peak Performance Coach**.

As individuals we all have different needs and therefore require health and fitness programs tailored specifically to our abilities and goals.

12 years ago I established Peake Physique to offer **personalised indoor/outdoor fitness programs**.

I believe in duty of care. So all clients partake in a **comprehensive fitness assessment** which means the program design considers your current level of fitness, ensures you change your fitness level at a comfortable pace, thereby avoiding the risk of injury.

You will receive **one-on-one personal coaching**. I work with you to help you achieve your goals and reach your peak performance. The program will change as your needs change.

You will not get bored!

**Towels and equipment are supplied at each session.**

I coach children through to mature adults.

Coaching is conducted where you prefer – **gym, park, beach, your home**.

Small groups can be catered for.

### **Who are my clients**

I still have my first client who has trained with me twice a week for 12 years. Most of my clients have been with me for 7 years plus.

My youngest client to date has been 9 years and oldest 91 years, and a very sprightly 91 at that.

Clients include the **singer** who had to attain a six pack for a video clip. Hard work, but he did it.

A **policewoman recruit** who had failed the physical because she couldn't do push-ups. It was her last attempt. We had a couple of weeks before she was due back at Duntroon. She passed!

An **elderly lady** who when I first started training her had a partially amputated foot and due to circumstances beyond her control has ended up with both **legs amputated to just above the knee**. The way she has coped with her circumstances is inspirational and she still trains hard.

I have trained several clients to run their first **city to surf**. They have all made it achieving very respectable times which, is just as satisfying for me as it is for them.

I have had entrants in the **New York marathon**. One who wanted to improve their time and another who wanted to finish! Both achieved their goals.

**I have clients with diabetes, weak bladders, severe back pain, cardiac problems, shoulder problems, knee problems, are overweight, and clients who are pregnant.**

So if you or someone you know would like to reach their peak fitness give me a call on 0404050343 or email [peakephysique@tpg.com.au](mailto:peakephysique@tpg.com.au) and book your free consultation.

### **Qualifications**

**I am Level 3 Advanced Exercise Professional registered with Fitness Australia.**

My qualifications include:

**Gym Trainer**

**Personal Trainer**

**Older Adults Trainer**

**Rehab Trainer** – safe & effective training of clients with injuries

**CHISM Advanced Instructor** (Children's Hospital Institute of Sports Medicine - The New Children's Hospital)

The following certified courses and workshops have given me additional skills to ensure I can prescribe the most appropriate exercise programs for my clients.

**Beat It: Diabetes Lifestyle and Physical Activity Program Instructor** course presented by Diabetes Australia.

**Exercise and Pelvic Floor** Workshop presented by Continence Foundation of Australia promoting Pelvic floor safe exercises for women and men

**Core assessment and training**

**Assessment & Workplace training in Fitness (Certificate IV)**

**Senior First Aid**

**CPR**

**Australian Professional Speakers Academy Graduate - 2011**