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The 2007/8 National Guide to Fitness & Health provides step-by-step instructions for 5 of the best exercises for the lower body.

Pro-Visual Publishing, in conjunction with Australian Fitness Network, has produced the chart, which is designed for all fitness levels and is suitable for use in clubs, schools, personal training studios and with groups or individuals.

For further information or to receive a chart, phone Pro-Visual Publishing on 02 8272 2611 or e-mail enquiries@provisual.com.au



MEMBER PROFILE: DR ELIZABETH CELI,



WHERE DO YOU LIVE?

I live on the Mornington Peninsula in Victoria. I practice psychology privately on the Peninsula and out of Richmond (CBD). Presentations take me anywhere and everywhere though!

WHAT IS YOUR MAIN ROLE IN THE FITNESS INDUSTRY?

I'm on a mission to ensure clients reap the rewards of safe and effective exercise practice, according to their psychology and what realistically fits within their lifestyle!

I achieve that through a variety of ways, including;

- Helping clients out of the clutches of depression, anxiety or unhealthy thinking that results in them practicing unsafe and unsustainable exercise.
- Consulting and liaising with personal trainers on how to best manage their clients during exercise sessions and how to raise their own business acumen.
- Advocating and promoting the benefits of safe and effective exercise through other psychology and business networks.

WHAT IS YOUR INDUSTRY EXPERIENCE?

My experience includes twelve years in the mental health field, firstly in a private psychiatric hospital and the last four years in private practice. During that time I've specialised in the treatment of depression and anxiety disorders. Private practice has enabled me to help people before their condition becomes so chronic that they require hospitalisation. Incorporating exercise in mental health management has been very helpful to the clients.

In the last four years I have been personal training in various gyms and now do so as part of my own consultancy, helping clients with exercise lifestyle management and getting the most out of the exercise they do.

WHAT HAS BEEN THE MOST REWARDING ASPECT?

The most rewarding aspect of my career is seeing clients walk out of my office or their training session with a taller posture, physically and psychologically, compared to when they walked in! Eventually, they don't need the regular psychology sessions as they've learnt how to take care of their mental health preventatively, with safe and effective exercise practice as one of their tools.

This reward was topped off when I received the Highly Recommended Australian Achiever Award for Excellence in Customer Service. It provided objective ratings that gave me neat and easy feedback on exactly what my clients valued of my service. That has helped me enormously in building my business and continuing to offer best practice, as a psychologist and a fitness professional.

PHD, MAPS

WHAT HAS BEEN THE MOST CHALLENGING ASPECT OF YOUR CAREER?

The most challenging aspect of my career has been integrating three professional disciplines – clinical/health psychology, being a fitness professional and organisational consulting. The hard work has paid off as I've built some great bridges between the different fields and plan to strengthen them further.

Otherwise, it's wondering why so many people just don't see the ace benefits exercise can bring them. I don't understand how anyone wouldn't want to do exercise on some level!

WHAT ADVICE WOULD YOU GIVE TO SOMEONE THINKING ABOUT EMBARKING ON THE CAREER PATH THAT YOU HAVE TAKEN?

Develop your business acumen. Refine your customer service and be a strong, professional advocate for your business and the industry.

Recognise the valuable contribution you make to someone's mental health by simply providing them with safe and effective exercise. Counselling them isn't always necessary (or appropriate) to help them achieve these benefits.

Importantly, 'walk your talk'. The service we offer is valuable but can be very personally taxing. Make sure your personal exercise program helps you be your best and implement strategies to look after yourself as a professional trainer. Be a quality role model for your clients and people aiming to get involved with the fitness industry.

WHO HAS INSPIRED YOU DURING YOUR FITNESS INDUSTRY CAREER?

Other than every client I see achieving and developing through their exercise, there are two people who have inspired me.

Firstly, Douglas Brookes presented at a FILEX PT breakfast I attended a few years ago. I implemented the advice he gave and achieved great success with my PT business.

Secondly, an influential and inspiring mentor who inducted me into one of the fitness facilities I worked at for two years. She gave me honest, caring and strategic advice on how best to merge my two qualifications on a management and legal level. That advice and guidance continues to benefit me today in my other business ventures. I'll always be grateful to both of these talented people. 



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