

Running From The Fat Fight

By Gavin Aquilina (with Kristian Manietta)

Running from the fat fight is comprised of two 90 minute sessions presented by Gavin Aquilina.

Session 1: Run for your life (with Kristian Manietta)

Session 2: Fighting against fat loss

Run for your life explores:

- The causes, treatments and prevention strategies for common running injuries
- The traditional mechanics of running vs modern techniques
- Tight and short vs weak or inhibited muscles
- Strength and flexibility strategies for runners.

Fighting against fat loss explores:

- The role of insulin and insulin resistance in fat loss/gain
- Exercise strategies for the enhancement of insulin sensitivity
- Nutritional recommendations for the prevention and management of insulin resistance.

Upon successful completion, course participants will be able to:

- Identify the most common running injuries and how to prevent and manage them
- Educate their clients on correct running technique
- Provide programming advice and design with respect to the prevention strength and flexibility imbalances
- Understand the implications of insulin resistance on weight management
- Provide general advice on the inclusion and reduction of particular foods that may impact on insulin sensitivity
- Prescribe recommendations on the optimal exercise program for insulin sensitivity.

Course Creator Biography

Gavin Aquilina, BHMS has been a club owner and manager, personal trainer and instructor throughout his 21-year fitness industry career. For the past 17 years he has been involved in educating fitness instructors, personal trainers and managers and has presented in over 40 countries worldwide. Gavin is currently completing his masters in nutrition.

Kristian Manietta

During his eight years in the industry, Kristian has been a professional snowboarder, personal trainer and consultant, and is the owner and head coach of TriSpecific.com, an online coaching platform for triathletes. He has presented across Australia and is a Master Trainer for Trigger Point Performance Therapy. Kristian's specialist areas are endurance training and body management techniques, which he applies in his training with both professional and recreational athletes.