



PERFORMANCE
THROUGH HEALTH

By Martin McPhilimey



LOOKING TO UPSKILL YOUR TEAM OR EDUCATE YOUR CLIENTS?

MARTIN MCPHILIMEY

**CONSULTANT SLEEP, RESPIRATORY & EXERCISE SCIENTIST
SPECIALISING IN ATHLETIC RECOVERY**

EMAIL - MARTIN@PERFORMANCETHROUGHHEALTH.COM

I provide hands-on, educational workshops to your team and clients in health and fitness areas unique to the industry; yet, crucial for high performance and well-being. With this actionable knowledge, you are raising your employees' standards, crossing over into consumer results, putting your business ahead of its competitors.

EVIDENCED BASED PRACTICAL WORKSHOPS FOR HEALTH & FITNESS

"Martin delivers with passion and engages his audience. His principles are grounded in science adding value to all industries"

Areas of focus

- Sleep related to Health & Performance
- Breathing related to Health & Performance
- Recovery Strategies
- Stress Tolerance & Management
- Breathing Techniques
- Fatigue & Burnout Prevention
- Educational & Workshop Sessions

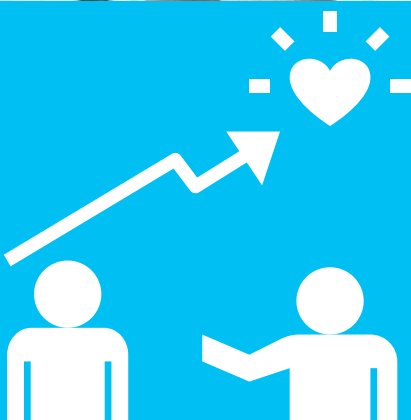
40 MIN = \$800*

1.5 HRS = \$1500*

3 HRS = \$2500*

*not inclusive of distant travel

www.performancethroughhealth.com



MEET YOUR COACH!



Martin McPhilimey

Qualifications & Experience:

- 10 + years clinical, research, health and fitness experience.
- Worked with 1000's of Clients in Australia & UK
- Nationally & International Accredited Respiratory & Sleep Scientist
- BSc (Hons), MSc, MRes, CRFS
- Health & Wellbeing Coach
- Exercise Physiologist
- Motivational Coach & Behaviour Scientist
- Specialising in Sleep, Breathing, Stress & Fatigue Reduction & Athletic Recovery



Workshop Testimonials

"Martin, that was great, definitely skills I'll be adding to my toolbox to help with current life. I'd pay a set amount per session for this teaching any day of the week. I really liked how you backed up why we were doing what we were with science. Love a good bit of evidence-based practice" Emily King, Senior Cardiac Scientist

"From organising to delivering the workshop to post-workshop engagement, the whole process was highly professional and it was immensely valuable for our members" Jacob Moffitt, Movement Co, WA

"I would highly recommend him to any school, large or small company as his methods, and how he shares them can only benefit everyone" Rosie Hase, Head Psychology, Lingfield College

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