

Co founder of the The FIT FACTOR

More than 25 year experience in the fitness industry.

Qualifications : BA(Hons)P.E,AA Sports Industry Management,TCVT(Trainer's Certificate in Vocational Training M.I.E, CPT,GEI (FISAF),AFPA INDOOR CYCLING, IKFF KETTLEBELL, ATFP FITBALL Certified, TRX Suspension Training Certified , LES MILLS CERTIFIED(GRIT SERIES,TONE,CORE)HBX (PLANET FITNESS)



Experience

2009 - Present
Sports Club General Manager
Riverland Sports Club, Tamarin

FRANCOIS TOUSSAINT



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2008-2009

Active Inc.

Self employed

Free Lance Instructor / Personal Trainer

2005-2008

Wellness Academy

Director

General Running of the Academy

Group Class Instructor

Instructor Trainer

Other Sporting / Fitness Achievements

- Co organiser and presenter for the first ever Fitness conventions in Mauritius, in 2004 and 2005.



The truth about falling off the "exercise" wagon

Saturday 4th September
Conference Room #3
10:15am to 11:45am

What is it you feel whenever you fall off the "EXERCISE" wagon?

It's usually disappointment, discouragement, and perhaps a touch of self-loathing.

These emotions are like quicksand to forward progress unless you know how to work through them.



What is important to understand is that it is human nature to avoid pain (of any kind) like the plague, and that these emotions carry some degree of mental pain with them that can make it difficult to (or want to) try again.

This is why we fail so hard sometimes.

The most important question to ask amidst these emotions is this:

Why do I feel this way? The answer lies with our expectations.

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At the end of this conference you will have all the insights from your mistakes that will help become more successful at reaching your goals.

We will learn and understand how to :

- Deal with Truths about falling of the wagon(first, second and third truths)
- To control the heart of the issue(disappointment and discouragement)
- Creating specific goals or expectations
 - Seeking guidance
 - Setting Milestones
 - Embracing the middle ground

