

performance1st

Dr Anna Rolleston was born and raised in Tauranga. She completed her university study at the University of Auckland and lived and worked in Auckland for a number of years before moving home. As an academic staff member within the Department of Nursing and Health Studies at Manukau Institute of Technology.

Anna has lectured to degree level students in pathology, physiology and nutrition. She is a registered exercise physiologist with Sport

and Exercise Science New Zealand and is a key provider in the Bay of Plenty for the New Zealand Academy of Sport. Anna is currently the sport science consultant to the Waikato Bay of Plenty Magic, Beach Volleyball NZ and Surf Lifesaving NZ. Her work with the elite of New Zealand sport spans a 12 year period and she uses her knowledge, and the experience gained with athletes, to motivate and influence lifestyle change at all levels of the community.



Not a sports person? Want to lead a healthier lifestyle?

Performance First can help! We provide training and nutrition advice without regard for training status.

Come to us if you need a structured exercise programme, a diet plan, motivation to continue an existing exercise programme, help with training or nutrition when concerned about medical conditions like:

Cardiovascular Disease | Diabetes | Obesity | Arthritis | Asthma

To discuss your sport science and/or nutrition requirements contact

Dr Anna Rolleston | anna@performancefirst.co.nz

Consult Fees \$90 one hour individual consultation, seminar cost on application

www.performancefirst.co.nz



performance1st

www.performancefirst.co.nz

Anthropometry

Physical Conditioning

Exercise Physiology

Nutrition

Junior Development

Group Seminars



Comprehensive Performance Consulting

Sport Science & Nutrition Specialists

Performance First Optimal sports performance requires the intergration of man areas. Regardless of your performance goals, whether they be the lofty peaks of Everest, an international gold medal or simply getting over the finish line, Performance First can cater to your needs.

Anthropometry

Anthropometric analysis includes an 8-site skinfold, girth measurements and bone lengths, with a full body composition report.

Physical Conditioning

A good conditioning programme is individual and specific to your chosen sport or event. Performance First provides comprehensive training advice that can include periodisation, field and gym based programmes and one-on-one sessions. Field based testing is also available. If you have a coach we will work in conjunction with them to ensure your training programme is optimal for your performance needs.

Exercise Physiology

Performance First provides quality performance testing that can be used to monitor and/or improve training. Blood threshold testing, submaximal and maximal oxygen capacity trials are available. Referrals for online gas analysis for accurate determination of V_{O2max} can also be made for you.

Nutrition

Good nutrition will not make a world class athlete but poor nutrition will definitely limit world class performance. Performance First's nutrition services cater to all levels of sports person on a one-on-one basis or as seminar sessions to groups or teams.

Junior Development

Teaching young athletes how to train effectively will reduce the incidence of injury and burnout while providing a stable foundation for continued sports performance into adulthood. Practical and seminar sessions are available. Education is the key!

Group Seminars

Learn about Nutrition with Performance Firsts Dr Anna Rolleston. The seminars are interactive, thought provoking and life changing. Make positive, sustainable change to your way of eating and get practical tips for change that will enhance your energy levels, eliminate fatigue and support your lifestyle change goals. Make an investment into the rest of your life.

