

THE CAREER HIGHLIGHTS AND WORK OF

A WORLD STRENGTH ATHLETE



**INCLUDING A FREE
FITNESS JOURNAL &
PLANNER !**

AUTHORED BY DAVE GAUDER (AKA BIG DAVE)

WORLD STRENGTH ATHLETE & HOLDER OF MULTIPLE GUINNESS
BOOK OF RECORDS FOR WORLD STRENGTH FEATS

THE MIND IS THE HIGHEST LEVEL OF STRENGTH

About The Author Dave Gauder



Dave's Story

Dave Gauder was born in Birmingham and is proud of his roots and growing up as a 'Brummie'

His incredible story really began when as a young lad he was small in body build and found himself being picked on and bullied by other lads in his school years. To overcome this he decided to bulk up his body weight and develop his mental strength to be able to manage the situations he found himself in. He started to work hard on weight training and gym fitness workouts and placed a high degree on his nutritional and calorific intake in his diet.

Little did he realise where this might lead to one day and how the first decision he made to go to his local gymnasium would shape his physical and mental approach that would take him on a journey that no one could have predicted. The life map that has taken in world record strength feats that few if any could ever match and his career as a World Strength Athlete is only matched by his ability as a Community Engagement Champion & Ambassador.

Dave reaches out to millions of children and young people through his many campaigns to people who find themselves behind bars at HM Prisoners through his work with the Police and Probation Service. He has worked with many businesses and organisations including Education, Armed Services, Police and Government Departments in various awareness campaigns. Over one million UK school children have received his anti-bullying presentation and this number is growing.

World Renowned Strongman Dave Gauder is a motivational speaker, anti-bullying activist & an Ambassador for Standing up for Birmingham. Dave has multiple listings in the Guinness Book of records & has presented his Anti-Bullying presentation to over 1 million people. This won a prestigious Oyster Award from the Home Secretary.

Dave has won many awards over the years and is the proud winner of The Phoenix Newspaper Group Community Engagement Award 2019 which has now led to him having his own Page in a Global Newspaper (Big Dave's Safe page). This has a vast Audience of Online and Offline readers that can be viewed by millions of people across the Commonwealth and has now launched into the African Continent. This is indeed an honour to be able to address so many people and has been recognised as an Ambassador to help facilitate trade with Ghana.



Workout Journal Planner

The Month Goals				Source of Motivation			

Last Month Weight And Measurement Results					Last Month Personal Record		
	Starting	Target	Final	Difference	Exercise	Result	Target
Weight							
BMI							
Chest							
Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes

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Training Tracker

Weight Training Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Measurement Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

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Workout Tracker

Cardio Workout Tracker

Date	Activity	Machine Used	Distance	Duration	Intensity

Cardio Workout Tracker

MONTH OF

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	End of the Month
MAX REPS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX SETS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX WEIGHT LIFTED						
MAX DISTANCE RUN						
MAX DURATION RUN						

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The Full Sheets Are Available At The Back Of This Book

Big Dave's First Passion Is Helping Children And Young People.

Dave said he was committed to helping children after he suffering at the hands of bullies as a school boy.

“Having experienced bullying first hand as a child, I understand the devastating affects it can have on a young person, not only through their school years but also throughout their life. I have devised this programme to share tactics on how to deal will bullying and also deliver messages to address the students who are dishing it out. Over the years, I have seen some tremendous results which for me, and for those affected by bullying, is very rewarding.”



TALK, TALK, TALK!



'Big' Dave was the
World's Strongest
Man at under 16
stone and the only
man to have
pulled a Concorde.

Anti-bullying Campaigner

Big Dave says...

- **Talk, talk talk**
- **Be Strong**
- **Never Say Can't**

How you can help if a child tells you they are being bullied!

Always get a teacher if you are unsure what to do.

Talk to the child to hear what is actually happening to them. Refer the bullying to the school council which will discuss it at their meeting. Talk to the bully to hear their side of the story, sometimes things are not always what they seem.

Watch the children carefully to see what is actually happening.

Find the child another friend so they are not alone.

Ask the teacher in that child's class if they talk about bullying during PSHE lessons. Make sure the teacher knows the child is worried.

Encourage the child to put their worries in to bully box so they can be discussed by other children and staff.

Ask teachers to display posters that discourage bullying around the school. Make sure that any worries about bullying are taken seriously.

For more information contact:
07979 360494

Bullying is not acceptable!



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