



# FEAR AVERAGE

CHOPPER I 2017



## THE CREED

I know that no matter how much talent I have, I still need to work harder than every one else in todays world. A man has to make his own name one work out at a time. I will not listen to critics that tell me that my dream is out of control. I realize I have to maximise my ability every day to get bigger, stronger, faster smarter. And when the time comes to compete, no one will be more prepared to succeed than I am. I will stare down my fear. I will not quit. I will not take the easy way out. I am a rare breed.

“

*Be more than a father, be a dad. Be more than a figure, be an example”.*

**- Steve Maraboli**









# SPORTING BIO

## MARK 'CHOPPER' BURGESS

I am a Health and fitness professional based in Brisbane, specialising in:

- **Athletic development**
- **Elite team strength and conditioning**
- **Corporate health and fitness**
- **Lecturing/tutoring**
- **Sports Science**
- **Public speaking**

Amateur Boxing Career - 1990 - 2010

- **102 fights**
- **3 x Queensland Titles**
- **3 x Australian Titles**
- **2 x World Police games titles**

I was in the 91kg plus division (Super heavyweight)

I was selected to represent my country on 15 occasions in countries all around the world



Queensland Police Service



# POLICE CAREER AND BEYOND

I was sworn into the Qld Police service in 1986. I remained active in the Police for 15yrs serving in all aspects of law enforcement including time spent in elite squads like SWOS (Special Weapons and Operations) and the V.I.P protection squad.

During the last 3 years of my service I was the Close Personal Protection Officer ( C.P.P.) for the then Qld Premier Peter Beattie .

I was also assigned to protect visiting International dignitaries such as Bill Clinton (former President of the U.S) and Jerry Adams (Sinn Fein President).

Whilst serving in the Police I studied Sport Science at University part time.

Although I had risen to the rank/position of Detective Sergeant, it was my passion for health and fitness that fuelled my decision to retire from the Police service in 2000 to pursue a career in the Health and Fitness industry.



Iraq

# IRAQ 2004

In 2004... 4 years after leaving the Police, I was required by an International training company S.B.I.G. to live and work in war torn Iraq post Saddam Hussain. My role was to recruit, instruct and train the interim Iraqi Police in all facets of police operations and procedure's.

Working and living in Iraq was the ultimate in being outside your comfort zone, facing serious adversity every single day.

On arrival at the Baghdad airport I was issued with an AK 47 assault rifle, a 9mm Glock pistol and loads of ammunition for both weapons. These were to be with you every second of the day.

Throw in language problems, hygiene problems; daily deaths of students I had recruited and living in a prison like compound for 6 months and it really made me appreciate home.

I had two 3 month stints; I ended up in a Baghdad hospital with shrapnel wounds from a car bomb in my right lower leg. The Money was great but enough is enough.



Mocha's 9th birthday





# THE BIRTH OF MY SON 2007

After returning from Iraq I started to concentrate on building my business, "Team Chopper Int.". I was replaced at the Brisbane Broncos as their Rehab conditioner whilst I was working in Iraq.

I made one phone call to the Coach of the Melbourne Storm which had me working in a similar role.

2005 was also the time I met my now wife Christine, a beautiful half PNG, half Vanuatu track and field athlete.

2007... January the 30th... the birth of my one and only SON... ISAIAH WILLIAM BURGESS...

At 45yrs of age it is without a shadow of the doubt the greatest moment of my life.

Being a positive and healthy father is a very import role for me, I am his role model and mentor, I am the example that he will follow. There is NO greater role in life for a man than to be a husband and father.

“

My message is simple... I LIVE IT.  
No alcohol or drug of any kind, daily  
physical activity, 8 hours sleep per night  
and a balanced nutritional diet.”

- Chop

## 2010 TO PRESENT

In 2010 I was invited to fight in the Aus./N.Z. Police games against an undefeated fighter. This was a risk at almost 51 yrs. of age my opponent was only 28yr and had a record of 11 fights and NO losses.

I saw this as a blessing and a chance to send a message that “Age is just an Attitude” I decided to record my training programme, diet, physio and other aspects of my fight preparation to show other 50yr olds what can be achieved at this age. The Title of the Documentary was “Fighting Fit at 50”. After an extensive 6 week training camp/programme the fight went as planned and I stopped my opponent in round 3. Sections of the fight are included in the document as is the message of Humility and Respect for your opponent.

The Documentary was also a huge success winning a health education award at the Q.U.T film and T.V. annual awards night. It also sold at record numbers from my Website teamchopper.com. I am now in a position to use my Company Team Chopper Int. as a satellite to other streams of income. For example my apparel is in great demand. I supply and sell everything boxing from gloves, headgear, hand wraps, caps, towels, even coffee mugs, from my website.

South bank T.A.F.E. is a highly regarded learning institution and I am currently conducting lectures and running courses in health fitness and successful small business, from this establishment. 2016 saw the return of the Qld Reds Rugby Team to Team Chopper training. A great bunch of young men with a new coach and culture that has employed my services this season in an attempt to harden and unite a team of young raw rugby players.

Now in 2017 I am enjoying the development of my International Company that has many different and diverse streams of income. At 56yrs of age the demand for public speaking has increased due to the success and Popularity of my Company. I am also asked on a regular basis how I stay in such supreme physical condition. I have been happily married for 12 yrs and have a beautiful 10yr old son... that is my daily inspiration.



**08:00 Poached eggs on wholemeal toast with Tabasco sauce**  
Protein first thing is essential for the growth and repair of muscle tissue after a night's sleep, and eggs are the protein gold standard with all essential amino acids. "Poached are best as they include the yolk, which contains the good fats that lower LDL cholesterol levels," says sports nutritionist Trevor Bedding.



**10:00 Handful of cashews and a banana**  
"Cashew nuts provide slow-release energy and protein. Although they have a high fat content, it is mainly monounsaturated." The potassium in the banana is an essential electrolyte that ensures that the fluids in the body remain balanced.



**12:00 Protein shake + creatine**  
"Whey protein (GNC Whey and Oats, \$109.95/2kg; [gnclivewell.com.au](http://gnclivewell.com.au)) will digest quicker and, if taken before training, will prevent the body breaking down muscle for fuel. Creatine will enable your muscles to work harder for longer."

**13:00 Gym**

**14:00 Protein shake + creatine**  
"Another dose of protein within 45 minutes after training will ensure that growth and repair can take place as soon as you've finished." The second dose of creatine will re-stock muscles.



**14:30 Wholemeal pasta with salmon and green salad**  
"Salmon is a good source of protein and an excellent source of essential fatty acids, which allow a better delivery of oxygen and nutrients." The wholemeal pasta contains slow-release carbs, is high in fibre and contains an abundance of vitamins and minerals.



**16:30 Tuna or chicken sandwich on wholemeal bread**  
Chicken and tuna both contain high levels of protein, with little or no fat. Wholemeal bread is a great source of slow-release carbs. It's also a good way to get the fibre you need for healthy digestion.



**18:00 Two slices of fruit loaf and a protein shake**  
"The loaf is energy-dense, supplying a big shot of carbs and natural sugars when you need to top up your levels ahead of an evening training session." The shake, as before, will arm your muscles to grow and recover quicker.

**19:00 Training**

**21:00 Protein shake and a banana**  
"Balancing protein intake throughout the day ensures maximum muscle growth. The night-time banana is a low-GI food that will continue to keep blood-sugar topped up during the night so you don't get hungry before bed."

My diet



# MONEY MEANS NOTHING IF YOU'RE DEAD

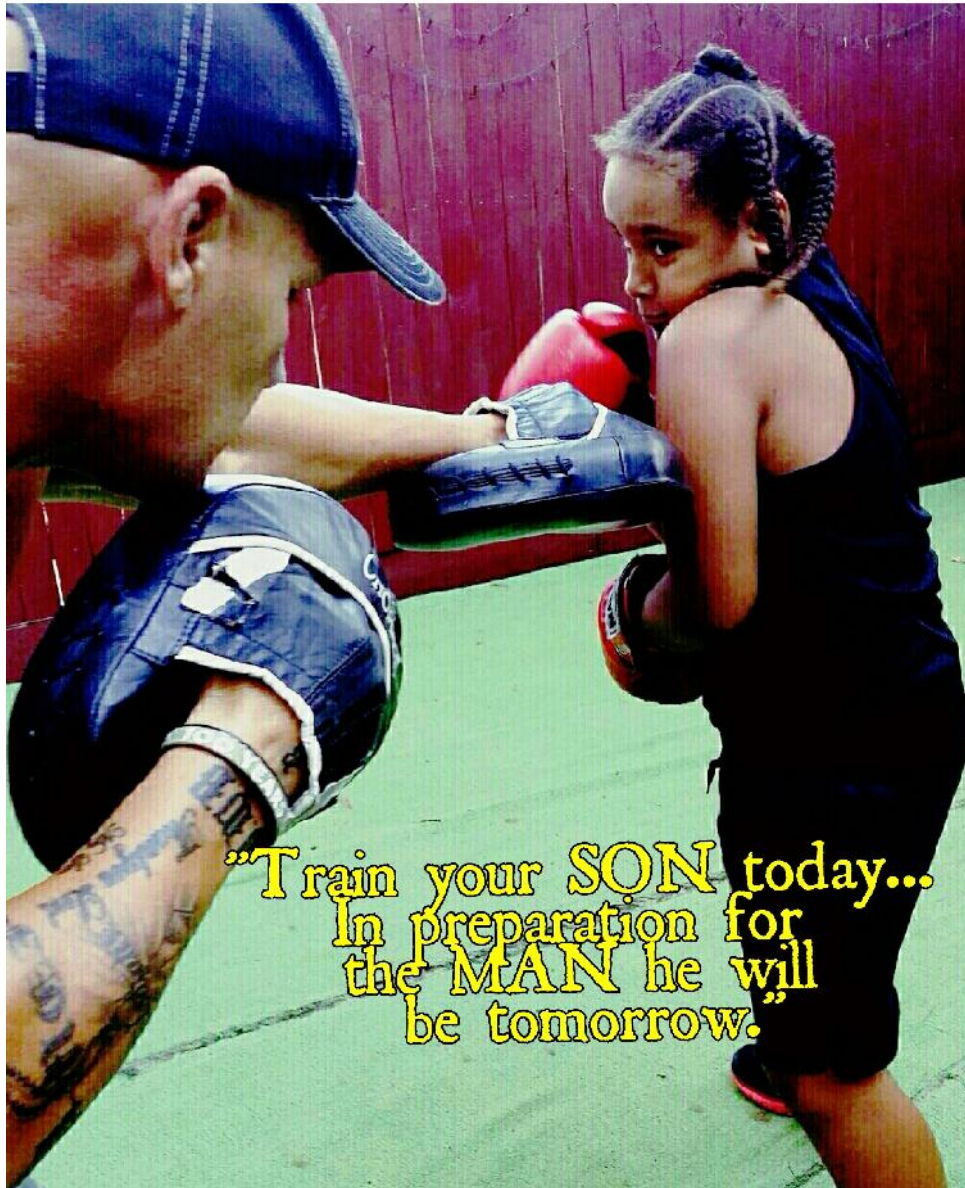
During my 17yrs in the Health and Fitness Industry I have trained and helped numerous men and women who are worth millions of dollars. The one thing they have in common was the lack of health.

They had all the toys... Flash cars, jet skis, and motor bikes (Harleys) apartments all over the world, jewellery, boats and in some cases planes... BUT... they were in NO physical condition to enjoy them. The guy that owned the plane had DVT... due to poor circulation because he was grossly overweight, the Ferraris, the Porches, the sports cars are all small... so if you're heavy you simply can't fit in them. Jet skis have a weight limit to ride them, etc.

The one thing their money can't buy... HEALTH and FITNESS.

Health and Fitness can be obtained by simply making better lifestyle choices.

My formula for health is 60% diet, 30% exercise and 10% incidentals like massage, physio etc. But your diet is the key...



Motivation Mocha Style

# FEAR AVERAGE WITH CHOPPER

## BY WAYNE BENNETT

I didn't come here to be average... I came here to be AWESOME...

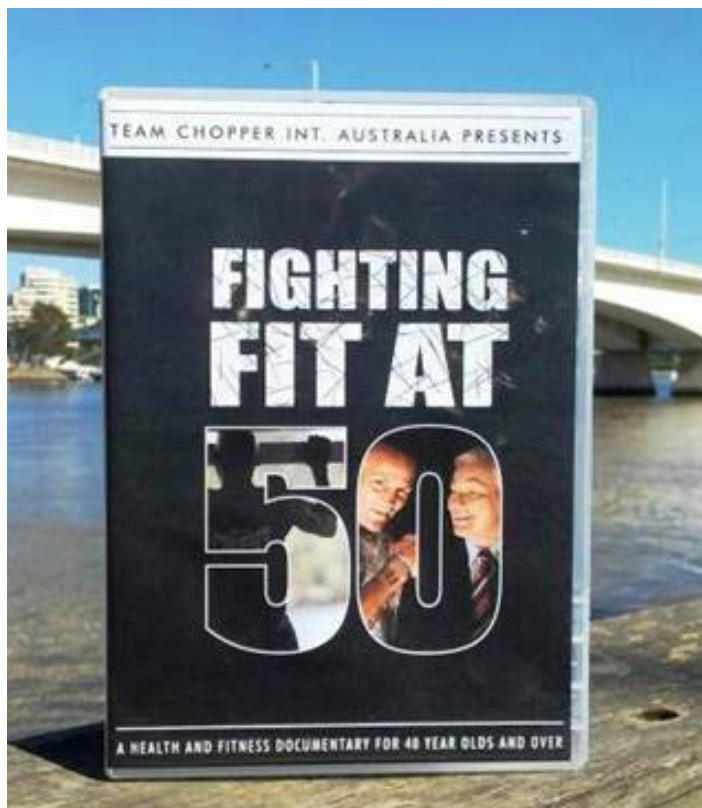
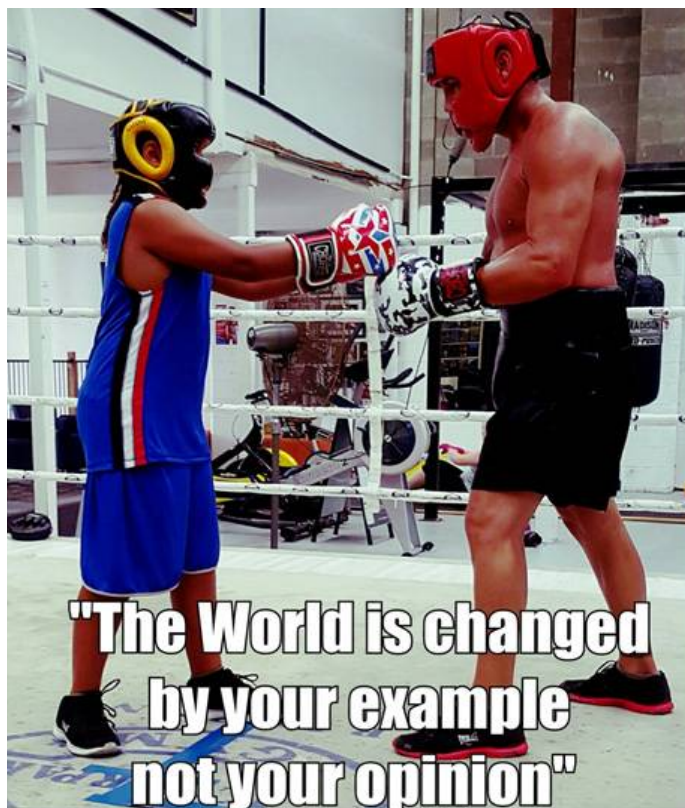
Mark CHOPPER Burgess went from morbidly obese Constable of Police to super fit 3 x Australian heavyweights boxing champion. From representing the Qld Police force to representing Australia at elite level in his chosen sport. From a police beat cop to a bodyguard to Premiers, Prime ministers and Presidents, believing that if to SERVE is below you... than LEADERSHIP is beyond you. Having retired from the Police after 15 years' service to follow his passion into the health and fitness industry, establishing his own Company, "Team Chopper Int."... Following the KEY... Keep... Educating... Yourself... mindset.

He has worked with all of the state's major sporting teams, including The Brisbane Broncos, The Brisbane Lions and the Qld Reds. Chopper is currently conducting health and fitness courses and lectures at the Southbank TAFE so he can educate and lead other like-minded Health professionals. This year marks 18yrs as a guru of the Health and Fitness Industry, including a 3 month stint living and working in Iraq, recruiting, training and educating the post Saddam interim Iraqi police force in 2004. With 50 individual cliental, 5 corporate companies and 2 elite sporting teams currently under his tutelage Choppers services have never been in such high demand. Mediocre is a swear word at Team Chopper, listen to the man that fears average, that lives by a do as I do management system, that optimises the "age is just an attitude mindset".

GREATNESS truly exists in all of us; it is a lot of small things done well time after time after time. Ray Lewis. Chopper became a father for the first and only time at 45yrs and believes that a Child will follow your example... not your advice. Being a Father makes you a role model, an example... a leader. "Better people make better leaders" Graham Henry All Blacks coach. DISCIPLINE is the one thing necessary to achieve any goal worth having.

Team Chopper Int. has developed fundamental values: Loyalty, Integrity, Respect, Work ethic, Family/Fun. Across a central plinth is one word...Excellence...the ultimate aim.











**“To be the BEST – you must be able to  
handle the WORST”**

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