



BLITZFIT
AUSTRALIA
CHERMSIDE/ASPLEY
GET FIT • STAY FIT

BLITZFIT AUSTRALIA MEMBER TESTIMONIAL

Q & A WITH

Annie

What made you decide to join boot camps?

Before joined boot camp I constantly felt pressured and stressed with such a busy life (work and home) there was just no time to relax, I was eating on the run, skipping meals etc. But since making a commitment to take some "ME" time and joining boot camp I have never felt better, stronger, fitter, happier and healthier and the things that stressed me before seem so much easier to manage now.

How do you juggle managing your work, your team of employees and all the demands that come with your position and STILL find the time to fit in boot camps? How do you ditch all the excuses?

I made a commitment to myself to take time out and to look after myself. Then I just scheduled it in to my diary like I would any other meeting and flagged it as "IMPORTANT - DO NOT MOVE". I stopped the excuses by counteracting each one. I told my team and my manager that this was important to me so they were aware and if needed, I joined conference calls when driving to boot camp. I took my gear to work and changed so if I was late, then I could just drive straight there.

Early morning sessions are a great way to start the day and there are no excuses as to why you can't do it! Just set the alarm and go. It gets easier and you feel so good after each session.

How do you stay on track with goals when you have to travel, when you have business lunches and product launches, morning teas, cakes etc?

This is always hard - there are so many morning teas at work, travel and business lunches. I have to stay focussed on my commitment, but if I do indulge then I don't beat myself up, I just get back on track. When travelling I always take my gym gear and head for the gym or go a walk.

Why did you choose training with Blitzfit over other boot camps or the gym?

I have tried other boot camps and just didn't fit in. They were not friendly and were over competitive. I gave Blitzfit Chermshire a go and more than 2 years later I'm still loving it. Kath & Emma make you feel special, they are so supportive and they try to bring the best out in everyone. It's such a friendly group of people and I just hate missing any of the sessions. The team are such great people, we all have fun together, motivate each other and help all our newbies so they feel special too. Kath & Emma, our coaches, are the greatest. They are friendly, supportive and challenge you but never make you feel out of place.

What is your favourite session?

I love all the sessions as they are all so different, that's what makes it exciting. You never know what you in for, but I do love boxing, it's fun!

What can you now do that you couldn't do before you started?

I am so much fitter and stronger. I can truly say I have improved in everything. I love boxing which is something I hadn't done before. I almost love burpees.....now, that is if you can ever love burpees. I still haven't conquered chin ups but I will never give up. I love challenging myself - you can do anything if you just keep trying and don't give up. I like being healthy and happy and stretching myself.

The only regret I have is I wish I had started earlier! So don't wait, just give it a go and you will never look back

