

Local fitness company snags top award

SINCE its inception just over four years ago, Canberra based health and fitness company, Succeed Personal Development, has gone from strength to strength.

Earlier this year during the Telstra Business Awards, Succeed were named the winner of the ACT Businessowner Micro-Business Award.

Despite missing out on the overall award for Australia's best business, managing director Mr Scott Williams said he was absolutely thrilled that Succeed was recognised as one of the country's top businesses.

"This has been a phenomenal year for us at Succeed," he said.

"It's always great to receive this type of recognition for something that you've put your heart, soul, sweat and tears into."

The Telstra Business Award was a nice surprise for Succeed, after earlier this year being named 2008 Australian Personal Training Business of the Year.

Since establishing Succeed in 2005, Mr Williams said business had really taken off.

"We went from just two blokes almost five years ago, to one of Australia's leading businesses with 21 contractors," he said.

A holistic approach to training is what Mr Williams said sets their health and fitness business apart from the rest.

"We provide a full body work out, not just the fitness part but we give mind and nutritional advice as well. We work from the inside out."

Succeed offers a wide range of fitness activities for the young and old, whether you are out of shape or fit and looking for a challenge.

With the ability to suit all kinds of needs, Mr Williams said his company could guarantee results.

"I promise our clients results and if they don't get them, they get their money back*."

Succeed provides boot camps



Results: Succeed Personal Development run morning, lunchtime and evening boot camp sessions.

that are suitable for all fitness levels and age groups, personal and group training services, sport specific strength and conditioning, corporate fitness and team building programs, school programs and much more.

"We cater for all," Mr Williams said.

As a way of giving back to the community, Succeed hosts the annual Charity Gala Ball to support Camp Quality, which in four years has raised more than

\$70,000 for the charity.

To find out more about Succeed Personal Development, visit www.succeed.com.au or phone 6162 4272.

*Conditions apply.

Scott's top 10 health and fitness tips

SUCCEED Personal Development managing director Mr Scott Williams has named 10 of his best suggestions for keeping fit.

1. Goal setting: just as we set goals for work, it is important to do with exercise and diet.

2. Fitness and exercise: combine a variety of high and low intensity sessions in your weekly regime.

3. Drink lots of water: make an effort to drink a minimum of two litres every day and more during and after exercise.

4. Balance: ensure you maintain a good balance between work, relationships,



Challenging: "Mix up" your fitness regime.

health, wealth and self.

5. Keep stress in check: it places undue pressure on all aspects of your life and wellbeing, and it majorly affects

on your ability to sleep.

6. Get plenty of sleep: it is important for your metabolism, memory and productivity.

7. Eat fruit and vegetables: if mum nagged you, she was right. They have vital nutrients that we need daily.

8. Keep moving: aside from set exercise sessions, try to keep up incidental cardiovascular like taking the stairs, not the elevator, walking instead of driving, etc.

9. Cut back on alcohol consumption: a combination of alcohol and what generally goes with it, puts on weight. It reduces discipline and you don't really need as much of it as you think to have a good time.

10. Sex: it's great exercise and great fun.



Exercise: It's never too late to get fit.

Something for everybody

IN addition to an already wide range of fitness activities which are tailored to suit all kinds of needs, Succeed Personal Development will soon launch a new program called Heart Moves.

Succeed Personal Development managing director Mr Scott Williams said Heart Moves is targeted at people who are elderly and obese.

"Normal fitness and boot camp classes are too intense for some people," he said.

"This program will basically teach them how to move their bodies."

"Whether you are 20 kilos overweight or 85 years old, it is never too late to get fit or start exercising."

1458084

1452491

1454489