

Sober decisions



DJ Maz Compton with partner Glen Naveau.

DJ's pledge to go dry and get fit working out

Julie Cross

RADIO DJ Maz Compton toasted the opening of her new gym with the health drink kombucha, rather than champagne, following her well-documented decision to quit booze.

The former party-loving 2 Day FM star said giving up alcohol 16 months ago had really taken her to a new level of fitness and led to her opening a franchise of the popular F45 gym in Avalon, with partner Glen Naveau.

Around 60 guests enjoyed the fermented health drink and protein balls on offer on Thursday night.

"I'm now in a really happy, content, motivated place," said Ms Compton, 36. "I can't wait to help other people to be the best they can be."

The Newport local, who was sporting Jeremy Scott designed Adidas sneakers at the opening, co-hosts the weekend morning show at via webcam with Dan Debuf, who lives in Melbourne.