

# F45 gym aims to engage teenagers

EXPERIENCED teacher Brett Roche knows sticking with exercise can prove tough in the teenage years.

Mr Roche and his team at F45 Coolum have devised a plan for youth to have access to a facility and to the expertise and technology to help them achieve their fitness goals.

The owner and manager of F45 Coolum is passionate about encouraging all to maintain a fit and healthy lifestyle and knows first-hand it is easy for youth to disengage with sport at a time when they will most benefit from it.

“Young people are fast realising posting a smoothie and some fruit on Instagram and posing in your active wear on Snapchat is not enough,” he said.

“At a time where their bodies are changing quickly and they are chained to a computer studying then on their phones engaged in other distractions, taking time out to nourish the body and rest the mind in a fun group training session is extraordinarily beneficial as generally our youth are not getting all the exercise they need.”

“On the other hand you have some incredible

“It’s good stress relief to give yourself a break after school...”

— Ashleigh Podlich

young athletes who are engaged actively, often competing at high level in their sport and they need to push themselves a little further to improve their performance in their chosen sport.”

Ashleigh Podlich, 17, a Year 12 student at Good Shepherd is a regular at F45 Coolum after starting six months ago.

Ashleigh said she heard music coming from the gym and headed in to investigate.

“It looked good so I thought I would give it a crack,” she said.

“It’s good stress relief to give yourself a break after school, and sleep’s important but I find waking up early and exercising I feel so much more prepared for the day.”

“It’s helped my netball fitness too and training means there is less guilt about pigging out.

“I’ve never done training



**STUDENTS FOCUS:** Ashleigh Podlich training with Yasmine Selwood at F45 Coolum. PHOTO: CONTRIBUTED

like this before, I don’t feel judged and I’ve got the trainers there to help me with everything so it was easy to start something new.”

F45 will run a school

holiday program for 14-18 year-olds to try the high-tech training.

It will run concurrently with the school terms.

Contact Mr Roche directly on 0438 866 092.