



Group Exercise Client of the Month

AUGUST

Congratulations JOHN GALEA

John Galea became our Group Exercise client of the Month for August. John achieved this award as a result of improving in all levels of fitness on our August fitness assessment. The most impressive results came from when John went from 6.1 on his previous assessment to 9.1 in his assessment in August. Clearly if you have ever done the Beep Test before you know this is not an easy accomplishment of jumping up by 3 whole levels. John also jumped up by two levels in his defence force rating to that of being ARMY FIT.

**Well done John you're a champion!!**

### **John Galea's Fitness Assessment Results**

FITNESS	Previous assessment	August assessment
Beep Test	6.1	9.1
Push-Ups	25	34
Sit-Ups (Anchored)	37	44
Squat Hold	56 sec	1 min
Bridges	2.17 min	2:45

Yours sincerely

Denver Oliveux