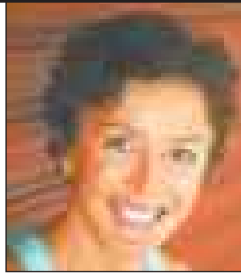


Personal Fitness with Aine Farrell



One body, one life

I SPEND a lot of time in my gym and on a daily basis I see people changing, improving and tweaking their bodies.

Fortunately for me, I work in an industry that is conducive to positive outcomes and improving people's health, fitness and wellbeing.

Only last week I took some time to stand in Ayers Walkway with one of my staff and hand out some information on our services.

What an eye opener!

Bega is a changing place and there are such a mixture of people here today which I believe is a great thing for any community.

Something not so great is that so many of the population here are very overweight.

Even spending one hour talking to people in the street showed me what a problem we have in terms of obesity which will inevitably be a drain on our health system and lead to some very unhealthy and unhappy people and bodies.

Another problem is the amount of young people particularly young mothers who are severely overweight which is not only detrimental to themselves but also their children who undoubtable will carry on these unhealthy habits for generations to come.

What can we do?

I believe there are enough information available and definitely plenty of help and advice available.

I also believe that individuals have to stand up and start taking responsibility for his/her own health and lives and take action to change unhealthy habits.

Every day I work with clients who each strive to improve something in their lives as far as their health, weight, diets, fitness etc and I commend each of them for doing so as it is a challenging task and can also be very confronting for some.

In the end though, I love to see the changes that people do make and the improvements that are so incredibly possible.

I have seen clients lose up to 60kg through sheer hard work and this is proof that anybody is capable of change and improving themselves if only they make the effort.

You see, change won't happen without effort particularly in terms of losing weight and getting fit and healthy.

When someone says to me that they can't lose weight or that they have tried everything, I don't believe it; or rather I know they haven't got their heads in the right place yet.

Creating something different requires a different approach and this applies to getting in shape also. It always starts in your head – always!

If you don't have the right mind set then you won't succeed.

Remember the saying, "the definition of insanity is doing the same thing over and over and expecting a different result"?

This said, I think the majority of we humans must be insane.

So my message this week is for those of you who are unhealthy, unfit and overweight to be proactive.

It is your responsibility and no one else.

You owe it to yourself and to your children to take action and improve and change what is not currently working.

Remember you have one body and one life.

Make the most of it

King wins senior battle

QUEENSLAND'S Peter King took out the 2011 Men's NSW Senior Championship at Bermagui Country Club last week.

Three highly competitive days finished with King winning after an eagle on the par five, 18th hole, the second play-off hole.

After being tied at nine over par for three rounds, King and Twin Creeks' player Denis Dale went to a sudden death play-off, with a fantastic eagle required to separate the pair.

The championship is the premier event on the NSW Seniors calendar, held in March every year over 54 holes.

The Bermagui Country Club hosted 196 players who travelled from as far afield as Prosperine in Queensland, Mornington Peninsula in Victoria and Mount Gambier, South Australia to compete in the championship.

Fifteen golfers represented the Far South Coast area and the local lads performed well.

Bermagui's Laurie Heaver won the 65-69 years nett division with a score of 208 on a count-back from clubmate Kevin Holzhauser.

Third in this age division was Wayne Aigner of Narooma with 219 and fourth place went to Bermagui member Roy Matthews on 221.

The event ran from Tuesday, March 1 to Thursday, March 3.

The weather was good and the Bermagui course was in superb condition thanks to the efforts of course superintendent Dave Thompson and his expert team.

A lot of volunteer work was also put in by members of Bermagui men's and ladies golf to ensure the event was so successful.

It was a first for this championship to be held on the Far South Coast of NSW and the club proved that Bermagui and the district have all that is necessary to host such a prestigious sports event.

Members received many accolades over the three days of play with many saying that they will be back in September for the Bermagui Men's Open.



• 2011 Men's NSW Senior Championship winner Peter King (right) is congratulated on his victory by Golf NSW Chairman Chris Allen at Bermagui Country Club last Thursday.

Results:

Open:

Winner: P King (Windaroo Lakes, 225), R/U: D Dale (Twin Creeks, 225).

55-59 yrs:

Overall winner: L Cupples (Leonay, 226).
Nett: K Robertson (Monash, 211).

60-64 yrs:

Overall winner: R Vandersluis (The Lakes, 226).
Nett: A Taggart (Tanilba Bay, 210).

65-69 yrs:

Overall winner: B Banks (Royal Canberra, 229).

Nett: L Heaver (Bermagui, 208).

70 yrs plus:

Overall winner: J Parker (Wyong, 237).

Nett: D Cluff (Pennant Hill, 223).

Allan wins medal

THE Bermagui Country club hosted 65 starters for the Monthly Medal stroke event, sponsored by Kevin Holzhauser, on Saturday.

Medal winner for March was Ross Allan with a score of 66.

A grade was won by Phil Christiansen with 69 from Darren Redman on 73.

B grade winner was Ken Van Epen on 69 from Arnold Watson with 70.

Bruce Blair won C grade on 72 from David Barbour with 73.

NTPs to Christiansen (6th), Ron Lye (8th), Allan (11th) and Matthew Reeves (15th).



• Troy Johnson is leading the senior Far South Coast Showjumper of the Year Series. The final round is at Bemboka this Sunday.

Series concludes on Sunday

THE final round of The Far South Coast Showjumper of the Year Series will be contested this Sunday at the Bemboka Show.

The series was initiated in 2009 to honour the memory of two devoted contributors to the local show circuit and the sport of showjumping, Keith Gordon and Graham Johnson.

These awards will be presented to the horse and rider combination with the highest point-score in showjumping events at shows on the Far South Coast at a special presentation dinner.

The shows participating in the

series are the Bega Showjumping Cup, Pambula Show, Candelo Show, Eurobodalla Show, Cobargo Show, Far South Coast National Show - Bega and Bemboka Show.

Points are awarded to the top three placegetters in every showjumping event at each of the participating shows.

The winner will be the horse and rider combination with the highest score at the end of the seven shows.

The rules for the point-score are printed in the show schedules of the participating show.

The presentation dinner will be held at the Asian Pearl Chinese Restaurant in the Grand

Hotel, Bega on Saturday, March 26 from 6.30pm.

Last year's inaugural dinner was a fantastic night out with the focus of the night being the history of showjumping on the Far South Coast.

This year Jodie Grant has compiled a video of Bega Showjumping Club members who have competed at shows so far this year.

This will play throughout the night and will feature a special bloomers section.

Organisers thank Grant for not only doing this but also taking on the role of score-keeper for the point-score, both are massive jobs.

The overall winners of the Far South Coast Showjumper of the Year Series for 2011 will receive a trophy jacket and rug acknowledging their outstanding achievement.

These awards will be donated by Chester and Smith Stock and Station Agents of Bega and Moruya.

All competitors, show ring committee members, volunteers and officials, show sponsors and Bega Showjumping Club members are invited to attend the presentation dinner.

If you would like to attend, please contact Kirsty McPaul on 0421 902 438.