Club puts the fun into fitness for college kids

NOOSAVILLE'S EFM Health Club put the fun into health and fitness for a group of Good Shepherd Lutheran College Year 4 students.

Fitness Coach Jay Pattison said the Year 4 class hopped on to the EFM Health Club's gym equipment last week, which is usually only for private members and students aged from 12 years.

Jay said Friday's session was to teach the children about healthy living.

“They love it. It is different from the classroom environment and from other sports they typically do on the oval,” he said.

Year 4 students Taylor Fox, Marat Roche and Sienna Gelavis said they would much rather be in the gym than in the classroom.

“This is really fun,” Marat said. “I love exercise and want to do it all the time.”

Jay said EFM Health Club was open to the public and not just for students. He encouraged people of all ages to experience the different style of training he offered at the club.

“EFM Health Club offers a free week's trial and no joining fee, along with month-by-month memberships, so you can really see if it is the right fit for you,” he said.

“Every session offers personalised coaching and the program changes daily so you will never lose motivation,” he said.