



inspire

fitness for wellbeing

Resilience in the Face of Adversity

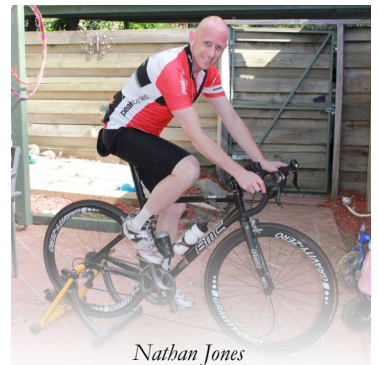
The story of Nathan Jones, "The Melanoma Athlete Cyclist"

The challenge for all of us is to live long lives that are full, happy, and healthy. Staying healthy takes effort, and it can feel easy to let our good habits slip.

But what if one day, you were suddenly robbed of your apparently good health?

This is what happened to **Nathan Jones**, husband and father, teacher, and cancer survivor. In March 2012, Nathan was leading an active life as a competitive cyclist and triathlete when he received a jolting diagnosis - **Stage 3A melanoma**. Despite an apparently successful surgery, this was just the start of Nathan's journey with cancer. In October 2012, Nathan visited the hospital for a routine scan but quickly discovered the worst - his oncologist noticed several brain tumours that required immediate surgery. Shortly after, Nathan underwent further surgery to remove tumours in his bowel, and undertook radiation therapy to treat the remaining brain and bowel tumours.

Date: Wednesday 16th October, 2013
Time: 7.45pm
Address: Inspire Fitness for Wellbeing
317 Doncaster Rd, Balwyn North 3104
RSVP: **Bookings essential** as places are limited.
Call 9857 3007 to secure your place!



Nathan Jones
"The Melanoma Athlete Cyclist"

We are proud to have Nathan presenting his incredible story at our next **Inspire Fitness** seminar (non-members welcome!). If you are lacking in motivation and have been struggling to maintain healthy exercise and eating behaviours, **then this seminar is for you**. Nathan's story will leave you feeling inspired to re-commit to your goals and to fully embrace the wonderful gift of your health and wellbeing.

No matter the obstacles ahead, Nathan's message is simple but powerful:

"With determination, support, and fight, anything can be achieved."

Read more about Nathan's journey on his blog: www.melanomathletecyclist.blogspot.com.au

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www.Inspire-Fitness.com.au