



inspire

fitness for wellbeing

Conquering the English Channel



We are honoured to have guest speaker **Paul Hoffman** to tell us about the journey to achieve his lifelong goal: **to swim the English Channel.**

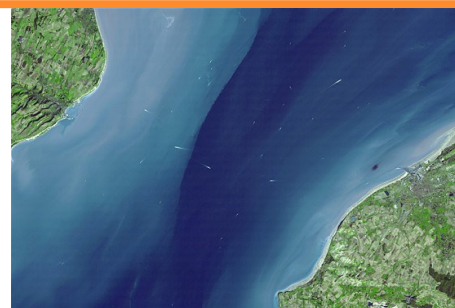
Paul had dreamed of swimming the English Channel since he was 14 years old, and became a volunteer lifeguard in Cape Town, South Africa. Paul's story is one of **true dedication and resilience.** After an unsuccessful attempt in 2012, Paul set his sights on conquering the mighty Channel in July 2014.

Swimming the Channel is renowned as one of the most challenging events a person can do. To do so requires **swimming for a minimum of 34 kilometres, in water ranging from 14–17 degrees Celsius...**and while wearing only a pair of speedos, a cap, and goggles! Avoiding hazards like commercial ships in the channel, jellyfish, hypothermia, and debris in the water, Paul could have no physical contact with boat or any person; leave from dry land and arrive on dry land.

Date & Time: Wednesday 11th March, 2015 at 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!



The hours spent and distances covered over the years it takes to prepare seems almost impossible! **It is a challenge that takes individuals to the highest level of physical and mental fitness.** Paul's sheer dedication to his training will inspire you!

Paul's journey will give you all the motivation you will need to **kick-start your fitness in 2015.** His achievements will help you gain perspective on your goals for the year and set you in the right frame of mind towards achieving them!

Call Inspire Fitness today on 9857 3007 to book your place. Be quick to secure your place so you can join us for what is sure to be an inspiring evening!

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