

On a Cold Winters Night

"On a cold winters Melbourne night my friend and I set off to hear motivational speaker Andrew Jobling - ex St Kilda footballer, personal trainer and author.

We were in the process of trying to change our lifestyles. What we heard that night was a man full of passion, energy and a commitment to helping others. He was filled with the 'spark of life' and he wanted to share the knowledge that he had acquired over 20 years in the wellness industry.

He had simple techniques for helping to turn your life around. The one main message he wanted to get across was that we are all capable of change. He helped to re-ignite that desire for change we both had come through the door with, and the message was clear – change is possible for everyone, **starting today!**

The key for change is 'motivation' and how to keep that burning. Needless to say we bought the book ('Eat Chocolate, Drink Alcohol and be Lean & Healthy') and talked with the man. He has a genuine desire to help people realise their potential and achieve their goals.

The trip out that night was well worth the effort. We went away with a strong desire to live the best possible life we can and knowing that it is entirely achievable.

The road back to wellness and optimal health had begun.

Thanks Andrew

Kate O'Dwyer & Maria McConville – St Kilda