



Member profile:

John Dowse

John Dowse became a member of Australian Fitness Network after completing his Master Trainer certification through the Australian Institute of Fitness in NSW. At age 70, John is the oldest student the NSW campus has qualified to date. This is his story.

I am very proud to have completed my Certificate 3 and 4 Master Trainer's Certificate. It is the first time I have completed anything like this; in fact, it would be over 50 years since I passed anything at all. Although I am yet to fully apply all the knowledge I received, I do look forward to getting a lot of my friends on the road to a healthier and happier lifestyle.

For me, it all started in Bondi (NSW) after observing groups and individuals belting punching bags and being roared at during a boot camp program. I knew that a lot of my contemporaries wanted to shape up, but would be reluctant to take part in this sort of group training, largely due to the intensity.

I thought about this and realised that a more relaxed exercise program would hold more appeal to my friends. Then, for my 70th birthday my children presented me with a 'Personal Trainer's course' from the Australian Institute

of Fitness in NSW. They said 'Dad, just do the best you can. If it gets too much you can stop and we will understand.'

I did question my ability to keep up with the fit, younger people and was worried about making a fool of myself. But stopping is not in my nature, so I did go into it determined to work on my fitness and survive the course.

With the help of an old friend at Sydney University Sport, I began to do something I'd never tried before - work-out to a program in a gym with weights and machines. It's probably important to say here, that when I was a young man the gyms catered mainly for boxers, and back then the 'trainers' were all battered old men in hats who smoked cigars! Anyway, as it happened, the winter swimming season at the Icebergs (swimming club) was about to start, so I began doing laps too.

Every day at the Institute was a challenge for me, but the presenters were fantastic in helping me along. They were all very passionate and really knew their stuff. As a result, I have now achieved fitness levels that I've never reached before, as well as becoming a very proud registered fitness professional. I have enjoyed and appreciated the opportunity to create a busy future for myself, in a profession that is extremely rewarding and that really can make a difference to so many others' lives. ♦

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