



**Practical Tips for Fitness in Winter, Shane Da Costa (I Am Fitness)
Thursday June 4, 2009
Testimony**

In celebration of MBF's sponsorship of ACP's 30 Days of Health & Wellbeing, we conducted four events in June at our Wellbeing Centre on George Street, Sydney. Shane Da Costa was our presenter in Week 1, on "Practical Tips for Fitness in Winter".

There was an audience of about 40 people – male and female, of varying fitness levels and ages – all of who responded very well to Shane's presentation. It was informative, interactive, professional, and fun.

Shane ensured he covered a good balance of detailed information, motivational tips, and practical demonstration – all presented in a way that ensured all attendees could get something out of it. It was a great night!

-- MBF Marketing Services Team