



**NORTHERN AUSTRALIA
PRIMARY HEALTH LTD**

A healthier future for all Australians

How do our staff stay healthy and well in their everyday lives?

15 May 2018

Our team in Mackay think an activity aptly named 'Obstacle Hell' is a fun way to motivate them in their fitness goals.

Mental Health Clinician Craig Watson described it as a great day just for fun and suited to all fitness levels.

He said events like Obstacle Hell are great motivators.

"I am very much into fitness and enjoy challenging myself. I also need a goal when I exercise so I thought Obstacle Hell would continue to motivate me in the gym."

"There is a lot of human interaction which makes things more interesting on the course and I like exercise to be a challenge which keeps me going."

"I personally found it fun and it was designed to suit all fitness levels so you could take it as fast or as slow as you wanted to. I ran a lot to make it a bit harder for me."

"I trained for about 8 weeks for it by doing a lot of upper body exercises such as pull ups and using the monkey bars at the gym."



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