

## Why I Train At Phoenix – Hannah Barrett

I started at Phoenix in 2013 and was at the time playing team sports. I wanted to join Phoenix and try Muay Thai as I was hoping the training would supplement my other sports training by making me stronger; physically and mentally, improve my balance and increase my reaction speed. After training for some time at Phoenix and making achievements in my training; such as attaining my TTFU and Level 1 grades, I soon began losing interest in my other sports and dedicating more of my time to improving my fitness and skills at the gym. Eventually I 'retired' from my team sports and just attended Phoenix. It's very much like that here - it becomes a part of your life, that you find you don't need anything else.

Having moved to Australia from the UK I also found that Phoenix is a fantastic place to meet like minded (and different!) people, some of which I now class as some of my closest friends. It was at the gym that I made friends with people who got me into obstacle racing, running and Triathlon and I now train through the PhoenixFit programs for these events. The coaches and other gym members at Phoenix are always so supportive and encouraging - there are no egos at Phoenix - just the attitude of doing your best to make *yourself* the best you can be.

In the past 12 months I have been unlucky with some reoccurring injuries; but no matter where I am in my recovery, I always have the support of Phoenix coaches to help and guide me through my rehabilitation, making me stronger and more determined each time to get back into the training I love. Phoenix is like a family. No matter how good or bad I feel about my training I know every time I walk through the doors there is no judgement, only support and and encouragement.