



Jana Roffey gives it her best shot watched by instructor Sarah Holford.

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# Job-seekers fit the bill

**JOHN SIMPSON**

A WYONG employment provider is helping young people leave poor health habits behind in their quest to find jobs.

Break Thru Employment Solutions has kicked off its fun, food and fitness program to assist young job-seekers with learning disabilities in making a healthy transition to work.

The free program runs two days a week with participants put through their paces with aerobic exercises and weight training. Classroom time deals with

body mass index calculation and healthy eating.

Transition consultant Callum Hayes said many young people made poor health choices which resulted in low energy levels and depression.

This affected their drive to seeking or maintaining employment.

But in a turnaround, Mr Hayes said participants had given up smoking and reported better sleep patterns and a general feeling of wellbeing.

"They used to turn up with coke and salty chips but they're now actually

questioning "is this healthy for me?," he said.

He said a qualified fitness instructor supervised the State Government-funded program.

One participant, Korinne Newton, 17, of Watanobbi, said she had stopped smoking since starting the program. She is working at Laycock St Theatre, North Gosford, as a set carpenter while studying at TAFE.

"I feel great. I feel fit and I can run now," she said.

Inquiries: 4350 5800 or [www.breakthru.org.au](http://www.breakthru.org.au)