



Anne Garton – living her dream

Earlier this year triathlete and mental health campaigner, **Anne Garton**, qualified for the International Triathlon Union World Championships in Hamburg, Germany. However a lack of funds meant that Anne's dreams of representing her country would remain just that - dreams.

When Wesley Corporate Health's CEO, **Neil Holt**, found out about Anne's plight he decided that his company was going to help her get to Hamburg. Neil recalls,

"I was inspired by Anne's positive attitude and tenacity. As a mental health awareness spokesperson she has raised the profile of the disease in Australia. I was very impressed when she spoke about her eight year battle with mental illness and how exercise, in particular triathlon, has provided a means to regain her life."

Neil contacted MMM radio and its presenter, **Ian Skippen** and The Cage Breakfast Team agreed to put fellow presenter, **Greg Martin**, on a training bike in the studio. He had to cover 80 km with Anne riding alongside him.

Listeners were touched by her story and donated more than \$20 000. Anne was stunned by the outpouring of assistance.

"I was overwhelmed by the support provided by Wesley Corporate Health and the wider community. I'm very excited to have the opportunity to compete in Hamburg", she said.



Anne Garton

Anne donated \$3000 to fellow mental health sufferers in Brisbane.



Anne's preparation was refined in the PPP Lab

She used the remainder of the funds to upgrade her bike, helmet and shoes to an elite standard. It also allowed her to fly her most adamant supporters, her parents, to Hamburg.

Anne's race preparation was fine tuned at Wesley Corporate Health's Peak Performance (PPP) Lab. Exercise Physiologist, **Rod Cedaro**, optimised her training schedule and within eight weeks Anne was recording personal best times.

With her training time at a record low, Anne has left for Hamburg with her spirits and confidence at a record high.

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