

Message from Glenn

As I continue to realise my dream of creating a first class travel company, it excites me that we at Adventure Professionals commit ourselves to offer the very best service, with a blend of care and sincerity to make each of our travellers feel at home. Our experienced and dedicated team is committed to making each expedition unforgettable.

A real testament of this came from Catherine Beutel, one of our successful Mt Kilimanjaro members who described the African journey as "surpassing her expectations with nothing left to chance." Thanks Cath for your letter and inspirational words, you are a legitimate example of how the major key to success is your own commitment.

If you're ready we can take you to new heights, so get out of bed each day like it's on purpose!
Until next month

Cheers
Glenn Azar

Celebrating 40 Kokoda Treks



We would like to congratulate our very own Director of Adventure Professionals, Glenn Azar, who has just returned from his 40th trek along the formidable Kokoda Track.

Glenn's experience with the Kokoda Trail spans many years and with his vast knowledge of the track's challenges means that he is able to provide his clients with a truly special insight into this historical trail.

"Ensuring fellow travellers are comfortable and providing them with an opportunity to pay respect to those who fought and lost their lives along the route is why I keep coming back for more," said Azar. "To be part of the spiritual surroundings and walk in the footsteps of fallen heroes through journey of self discovery is truly rewarding. This is such an unforgettable journey that gives you a glimpse into the heartland, culture and lifestyle of Papua New Guinea," continues Azar.

"Experiencing some of the most rugged and mountainous jungle terrain, whilst sharing in the history of Kokoda has an overwhelming emotional impact," adds Glenn.

Glenn's 41st trek to Kokoda will be with friend and football legend Shane Webcke in November. For more information contact info@adventureprofessionals.com.au

Keith Fennel's 10 minute ripped regime

Are you ready to remove some of that excess winter coat? This short workout is designed to get your heart rate pumping and will help you to burn fat and lose weight. We know what it's like to have no time to work out so with the help of our ex SAS Solider, Keith Fennel, we are sure this 10-minute, no equipment workout will easily fit into your busy life.

Burpees – 30 seconds

Push ups – 30 seconds

Star jumps – 30 seconds

High knees with punches to the air as fast as you can – 30 seconds

Each set will take you 2 minutes, rest for 1 minute and repeat 5 times.

Incorporate this workout into your daily routine and you will be surprised at how much better you will start to look and feel.

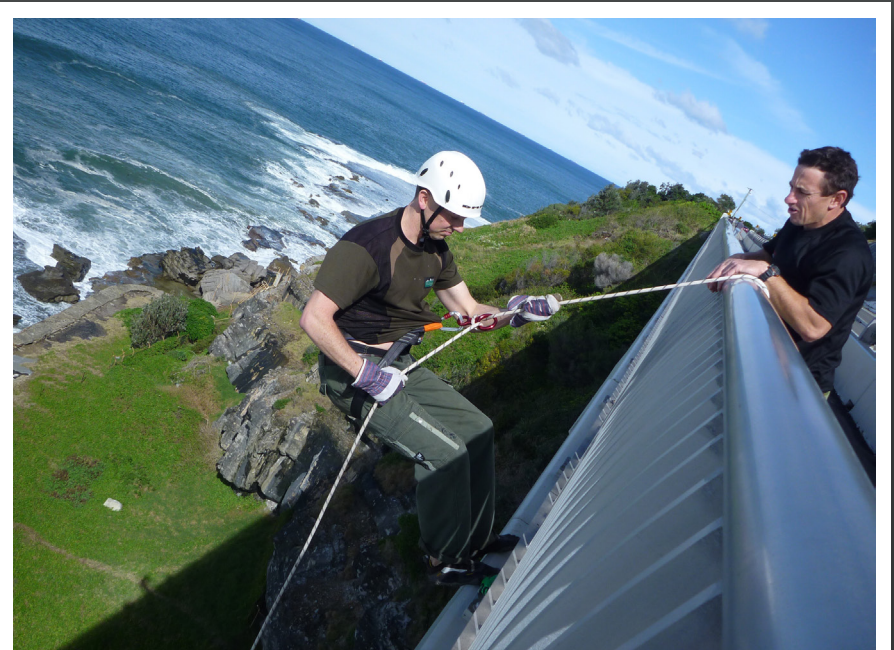
Special Forces Day

10 individuals took part in another fantastic Special Forces Day with Keith Fennel, one of the most highly regarded ex SAS soldiers in Australia. Thursday August 18 saw this diverse group of people come together to have a fun and challenging experience that tested their boundaries, both physically and emotionally.

Be placed in a situation which is outside your comfort zone and be rewarded with a fantastic day that is fun, fast, furious and best of all beyond all expectations.

Adventure Professionals create these tailor made challenges in stunning destinations designed to confront, stimulate, excite and inspire. So if you haven't already, contact the professionals who do it best and push yourself or your team to new heights, improve leadership qualities, team coherence, communication and self-esteem. And if you have already experienced this amazing day, look out for Night Hawk, a 24 hour challenge with Keith!

For more information contact Adventure Professionals at info@adventureprofessionals.com.au



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