

**MEDIA RELEASE**

**Daniel Taha's Incredible Transformation  
With Anytime Fitness Australia**



*My Anytime Story: Daniel Taha, before (left) and after (right)  
only five months after beginning training at Anytime Fitness Bass Hill*

Anytime Fitness, Australia's #1 health club, recently ran its 'My Anytime Story' campaign, inviting people to share their fitness milestones and transformations online to help motivate and inspire members on their health and fitness journey. Over 323 people shared their incredible stories, resulting in 72,000 votes cast by the public.

Each story described a defining trigger moment on the individual's health and fitness journey that resulted in action to improve their health. This was different for each person, ranging from wanting to lose a few kilos to fit into a swimsuit, to having a major health scare.

Bass Hill resident Daniel Taha was crowned winner of My Anytime Story's Transformation category, for his truly remarkable transformation.

Daniel's mother, brother and sister are all members at Anytime Fitness Bass Hill, and encouraged Daniel to join to improve his declining health. He had high blood pressure and cholesterol, and was close to developing type 2 diabetes and heart disease. After some major health complications, Daniel's GP gave him an ultimatum – change or risk an imminent death. Daniel began training at Anytime Fitness Bass Hill immediately.



It was not an easy change for Daniel, but with the support of family and the club's staff, he was able to power through. As each week passed, Daniel felt healthier, fitter, stronger, and most importantly, happier.

Since Daniel started training at Anytime Fitness Bass Hill in May 2015, Daniel lost a total of 42kg, now weighing a healthy 84.2kg. Daniel has dropped from a size 46 in pants, to size 32. He's also dropped from a XXXXL in shirts to medium. But these achievements are nothing when compared with those that cannot be seen; Daniel's resting heart rate dropped from a dangerous 106, to 59 beats per minute. His blood pressure and cholesterol are now normal.

Daniel Taha is now a healthy 22-year-old male, who no longer fears walking into clothing stores, going to the beach, or meeting new people. Daniel says, "I can live my life, like it should be lived".

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Notes To Editor:

***About Anytime Fitness:***

Open 24 hours a day, 365 days a year, Anytime Fitness prides itself on providing members with convenient and affordable fitness options in friendly facilities which feature top-quality exercise equipment. Members can work out anytime in any of the 3000 clubs worldwide with one low monthly rate. State-of-the-art security and surveillance systems ensure member safety at the clubs even during unstaffed hours. [www.anytimefitness.com.au](http://www.anytimefitness.com.au)

For further media information, images and interview opportunities please contact:

Sacha Hart on 0434 553 441 or email [Sacha@pendulumc.com.au](mailto:Sacha@pendulumc.com.au)