

Fitting the pace

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PAT Darwen is more into revolution than evolution because he wants to change the way people approach fitness through his personal training business.

The 24-year-old moved to Newcastle two weeks ago, to escape the hectic Sydney lifestyle where he grew up, and bought a gymnasium at Adamstown.

He called the business Active Life Fitness and Health and he wants to play a part in ridding Australia of its unwanted title of the fattest nation in the world.

"We just moved up here for a change of scenery and to slow things down a little bit because Sydney is just too hectic," Pat said.

"I've got a few mates from cricket that have lived in Newcastle and they all say it's great, and we've got some family in Nelson Bay, so it was an easy decision."

Pat's fiancée Samantha Jennings danced for the Queensland Ballet before graduating as a primary school teacher and she will teach in Sydney until the end of the year.

Pat was also an elite athlete and represented Australia Under-19s at cricket and played two seasons for Middlesex in England.

He graduated from the Fitness Institute of Australia and worked in Sydney as a personal trainer for the past three years before moving to Cooks Hill. The gym he works out of is at 10 William Street in Adamstown.

CONNECTED NEWCOMERS

HUNTER Street employment specialist Connect Personnel has appointed two new staff to its engineering and construction consulting team.

Alexandra Van Den Brink will perform a research and resourcing role to support the engineering and construction recruitment team.

Danielle Lang-Davis will start as a trainee and her first task will be the company's internal training program.

SAFER CULTURE

HUNTER training and coaching company People & Quality Solutions (PaQS) will target the NSW WorkCover Safe Work Award after winning the Excellence in Safety award from the Hunter Business Chamber.

PaQS delivers a safety awareness program as industries aim to achieve higher productivity with complex technologies in hazardous environments.

"At PaQS we strive to continue to develop our safety culture by leading from the top," managing director Carl Reams said.

"Our actions and attitudes send to our workers a clear message that we are serious about the safety, security and well-being of our workers."

PASSIONATE PRINTERS

BROADMEADOW design and print company Print Nova is one of the fastest growing businesses in the region and opened a Sydney office at Thornleigh just six months after starting in Newcastle.

The Thornleigh office, with sales manager Stuart McLean, will continue to bring new concepts in design, print and copying.

Owner John Church has been able to tap into some big clients, including large government departments and universities.

"Our online ordering system provides clients with the benefits of dynamic artwork templates, instant proofing and instant quotes," Mr Church said.

WALLSEND LOVE

NOMINATIONS for the Wallsend business and community awards close on August 29 and forms are available at most businesses in Wallsend.

The Wallsend Business Association wants to reward businesses that have given excellent service to Wallsend and surrounding areas in 2010-2011.

APPY CHAPPIES SOUGHT

THE Lunaticks Society is asking for entries to the NEWi Award For Best Mobile App and it's open to pretty much everyone.

Organisations involved in designing, building and managing a mobile application for business or just for a consumer are eligible. The Newcastle Herald created its 24-hour digital news service by launching the Herald iPhone app on July 30, offering the best in news, sport and opinion.

To enter, simply log on to thelunatickssociety.com.au, then go to the newi award section.

DIARY DATES

Tomorrow: Non-Profit Networking breakfast: non-profit businesses involved in business development, events, fund-raising; meet at Three Bean Espresso, 7.15-8.30am, contact Grace McLean, grace.mclean@ridbc.org.au or 0409 409 982.

Hunter Valley Research Foundation: lecture series, speakers Catherine Branson (Human Rights Commission), Tim Costello (World Vision Australia), Newcastle

City Hall, 6-7pm, To register call 4969 4566 or info@hvr.com.au.

Thursday, August 25: Hunter Business Mining, business reaction to the carbon tax, speakers John Lemberg (Tomago Aluminium), Rod Henderson (Ampcontrol), Sue-Ern Tan (NSW Minerals Council), Crowne Plaza Hunter Valley, 12.30-2pm.

RSVP by August 22, via [hunterbusinesschamber](http://hunterbusinesschamber.com.au)

[.com.au](http://hunterbusinesschamber.com.au).

Thursday, September 1: Business Development Forum Showcase; Newcastle Jockey Club, 7.30-9am, RSVP essential August 26, hunterbusinesschamber.com.au.

The biz

'We are negotiating with them to have GPT as part of the inner-city redevelopment.' - Newcastle MP Tim Owen on his plan to still have the company help revitalise the CBD.
