



JAN ROESCH

As an elite Athlete in the sport of Powerlifting and an International Ref with World Powerlifting, I know what it takes to achieve your strength and health goals. I am a Masters Powerlifter, and being over 50 means I know what a person over 50 needs as far as training and recovery goes, and I also know the importance of fuelling your body with food to support your training, and everyday life! I haven't always been a Powerlifter. I started strength training for my health after major surgery at the age of 47, so I am coming to you from experience.

Quote

Honour your potential by using it – Craig Harper

What can you offer?

As the owner and Head Coach at Over 50's Health, I am building a team of experts that include services such as Strength & Conditioning, Powerlifting, Personal Training, Exercise Physiology, Physiotherapy, Clinical Nutrition, and Mental Health.

Our team at Over 50's Health are passionate about working with those who want to look after their health through strength and nutrition, as well as their heart and mind health.

Our trainers are here to work with you one to one, or in our group training sessions. They are also staying on top of what is going to help you most by continuing to gain the best education and information to support you and your goals. We're also living proof that some things can get better with age, especially when you are willing to work with our dedicated team.

Qualifications

- Current Australian Master's Record Holder of multiple records with Powerlifting Australia
- Current International Record Holder of multiple records with Oceania Powerlifting
- Current World Record Holder of multiple records with World Powerlifting
- National Coach with Powerlifting Australia
- Accreditation with NCAS as a Level 1 Powerlifting Coach
- International Referee with World Powerlifting

Philosophy?

Your body: you can't get a new one. Move it. Make it strong. Love it. Feed it good things. Make good choices.