

# Runner finds balance in life

By *SAM PAINE* June 7, 2014, 4 a.m.



Max Potential Amelia Coombes with her coach Railene Geddes.

Amelia Coombes could run a triathlon, but she was having trouble running her own life before she resolved to use the Max Potential program to organise her schedule.

Amelia realised her life was out of balance, with fitness dominating her schedule and priorities while school and friends suffered. Even then, Amelia said, she wasn't always doing the exercise she wanted to.

Amelia has been focused on fitness since Year 7, when she became tired of being unhealthy and decided to start running and join the gym. She has run with the local triathlon club and in the cross country competition.

She decided to join Max Potential, Club Mudgee's youth mentoring program, after hearing of its benefits from previous participants. Now, Amelia has programmed her schedule to make time for exercise, study and socialising, which also ensures that she has set a specific day for running and can be sure she will do it.

While she says her thinking has so far changed more than her actual organisational practice, Amelia is confident that Max Potential has made a difference.

"Millie seems a lot less overwhelmed at the moment," said Max Potential coach Railene Geddes. "Before, everything was building up - the pressure of homework and schoolwork."

As Amelia's coach, Mrs Geddes encourages and supports her as she uses the program's Maximiser principles to make changes in her life, developing the skills that will turn her into a young leader.

Amelia said her coach had challenged her to step out of her comfort zone, think differently and pose questions.

Each Max Potential participant concludes the program by co-ordinating a community project, and Amelia plans to base her project on nutrition for school children.