

Fit for life



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// managing
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8 Leadership
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What is your health vice?

There is a good chance I don't drink enough water and when I do it's flavoured with cordial.

What is your health tip?

I look at food like it's an energy source, so you only need to put in what you plan on using.

Structured exercise each week?

Paddling and racing ski three times a week and three weights sessions a week.

Do you drink alcohol?

A glass of wine per night.

What do you eat too much of?

I drink too much cordial, but I am not a big eater.

What do you plan to change in your health regime, if anything, in the next six months?

More structured training within some training squads, and to get involved with the Maroochydore Surf Club and their training groups.