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Scary resolutions get results

Eleanor Roosevelt famously said 'do one thing that scares you every day' and as we head towards 2011 that mantra will no doubt surface as the New Year's resolutions are scrawled on the back of a coasters in pubs across Australia.

Skydiving instructor, Susie McLachlan, agrees with Roosevelt saying that the exhilaration and confidence that comes with doing something that really scares you, often helps you stay on track with other, more tame resolutions such as staying healthy and changing bad habits.

"Jumping out of a plane really gets your heart racing and the adrenaline rush can often make first-timers re-evaluate how they are living their lives once they touch down. They feel energised and motivated to live life to the full and for some, it's the wake-up call they need to make real changes for the better," said Susie, organiser of the all-female skydiving event, Skysisters.

'The New Year gives people the trigger they need to commit and we pick up a significant number of new recruits to the sport at this time of year. You see a lot of friends challenging each other to a jump and people eager to challenge themselves to new heights, particularly females,' she said.

Susie and her fellow skydiving instructors are preparing for an influx of calls early in January made by those wishing to push the ultimate boundary by jumping out of a plane and soaring 4,000 feet above the ground.

The Skysisters team have already signed up 12 'virgin' skydivers who are taking the plunge in 2011 at the Skysisters convention to be held in Toogoolawah, Queensland at the end of April. The girls have committed to making 2011 the year they join the skydiving fraternity at the national convention which expects to attract over 100 female skydivers from across the country.

The girls will make over 5,000 jumps during the 9-day event, including a record breaking 60-way formation and an over-40's formation. Please visit www.skysisters.com.au for more information.

For further media information, please contact Helen from Fresh PR on 0431 065 964 or email helen@freshpr.com.au