

Cricket Ball Creates Accidental Athlete



Luke Heath was never expected to walk again let alone become one of Sydney's most well respected fitness trainers.

After getting hit in the head with a high speed cricket ball at four, Luke struggled for years with saliva control and motor skills.

Luke said he was sitting in a ute with other kids at a cricket game. "The ball hit me in the head so hard when they asked me my name, I said it backwards," he said.

"No one expected me to achieve much because of the damage to my brain," he said.

"I had to learn how to do everything from scratch."

But by the time he turned 12, he had caught up with his peers and was starting to think about having a go at school sports.

Luke said he ended up picking athletics. "Athletics is an individual sport. The only person you have to rely on is yourself.

"I never played any ball sports because my coordination was not the same speed as other children.

"Twenty five years ago, it was all about winning. You only got field or court time if you were good at what you did."

Despite being bullied and ridiculed for being different, Luke has proved the doubters wrong.

A state level athletics competitor for over 10 years, Luke has medalled numerous times over middle distance to cross country running.

Now a successful business owner and well respected athlete, Luke believes if you have the gift of any movement, you can exercise.

"For me, athletics meant I could participate at any level. It is ironic that a guy so into taken out by cricket ball is so into fitness," he said.

His business is helping people be fitter and healthier without smashing them. He focuses on functional fitness and has recently created an app that helps busy people like new mums and professionals get a workout in five minutes.

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