# Transcript – Have fun and get fit with the Holt Bolt

I'm Richard, I'm the director of The Holt Bolt.

We run obstacle courses for children of all abilities and needs and we also have a couple of studios where we develop coordination, spatial awareness, core strength and a whole range of other skills. We're also an NDIS provider.

I guess the mission of The Holt Bolt is to create a fully inclusive business, where we're able to employ people with all abilities and needs.

All of our obstacle courses are obviously able to be used by people of all abilities and needs, and our studios, people can come and work out there.

We started working with a couple of special schools, and what we noticed was that they started to develop their skills in terms of coordination, proprioception, and balance, they're able to develop their core strength in really quite a short amount of time.

Liz Jack’s mum: We approached Richard over three years ago to work with Jack

At that time, Jack had been placed on a new medication that had resulted in really significant weight gain for him. And so Jack's paediatrician was very concerned for his health and well-being.

Richard: Over time, we actually went from working outside just playing on playgrounds, to getting him on an obstacle course, and then getting him in the studio and he now does full weights programs in the studio. So it's pretty amazing to see someone who goes from sedentary to fully active within, probably, a six month period.

Liz: For us, having the funding from NDIS has been fabulous, because it's enabled us to continue this program. And we've seen such wonderful benefits, that it was really crucial for us to continue the program.

The biggest changes are with Jack's physical and mental well-being. Really significant changes in his ability to be able to control his emotions and his mood.

We've also seen some wonderful improvements in his self-esteem and his confidence and it gives you a great sense of hope for what he can achieve and what his future's going to be like.