

Five minutes with Dulcie Speed Owner of Speedy Tan Kings Road



What does your typical day look like?

A typical day for me is rising at 6am and psyching myself to get up and into Body Torque to see what pain is in store for me today. The best part is knowing that after I get it done coffee and breakfast is next on the agenda.

What motivates you? At my age – over 50. My motivation is to keep everything moving and to keep myself feeling fit and strong. My job (Owner/Operator) of Speedy Tan on Kings road is intense and fast moving, I must be strong to operate at the level I do.

You are a Proud North Queenslander, what is it that you love about our region?

The people, the weather, the community and family feel of Townsville. I love that everyone always tries to help each other out in times of need.

Why Body Torque? I had heard about Brett and the quality of his training from a few of my girlfriends Carolyn and Sandy. They are both my age and exceptionally fit and healthy.... it inspired me to give it a go!

Motivational thought for the day? Just Keep Swimming