**FOR IMMEDIATE RELEASE**

BLAST PIT Fitness and Empowerment to Officially Open its Doors on October 7th, 2023

Little Bay, Australia — Nick Tsakonas, a renowned sports enthusiast and wellness expert, is set to unveil his latest venture, BLAST PIT Fitness and Empowerment. The official opening event will take place on Saturday, October 7th, 2023, from 4:00 PM to 6:00 PM at Shop 2/2-8 Pine Ave, Little Bay.

Nick Tsakonas's journey is a testament to his unwavering dedication to health, wellness, and the pursuit of personal transformation. As an athlete who has faced the challenges of two ACL reconstructions, shoulder reconstruction, and multiple muscular injuries, Nick understands the enduring journey of rehabilitation following sports injuries.

Over two decades ago, Nick connected with Mark Bevan, a renowned physiotherapist who played a pivotal role in his rehabilitation process. This life-changing encounter inspired Nick to pursue a path of healing and empowerment, not only for himself but for others as well.

Nick's pursuit of knowledge and passion led him to complete a Remedial Massage Therapy Diploma in 2015, complemented by expertise in Cupping Therapy. His relentless curiosity drove him to explore the benefits of hot and cold therapy, along with the use of inversion tables to alleviate back and muscle pain.

Years of dedication and a deep-rooted commitment to well-being have positioned Nick as a trusted expert in his field. His extensive experience and expertise have enabled him to work with elite athletes, including NRL football teams such as the Sydney Roosters, South Sydney Rabbitohs, Cronulla Sharks, and the Dragons. Nick was also invited to collaborate with the NSW Cricket team and the Australian Women's Rugby League.

Drawing inspiration from his experiences, Nick developed the BLAST PIT concept. Rooted in both science and personal wisdom, this 45-minute session combines the fundamental elements of Earth - FIRE, EARTH, AIR, WATER - to offer a comprehensive approach to wellness.

The BLAST PIT experience begins in the sauna, where the body's tissues, including fascia, ligaments, tendons, and joints, are gently softened. This initial phase is essential for promoting relaxation. Clients are then guided onto the Earth table, where they undergo deep tissue decompression, gentle movements, and stretching, enhancing joint mobility.

The gravity experience follows, as clients are securely strapped into inversion tables and gently inverted, allowing the release of compressed body tension. The final phase of the session is the invigorating ice bath, which starts with deep breathing and focused preparation. Clients quietly enter the ice bath, emerging feeling revitalized and supercharged.

BLAST PIT has been a beacon of hope for a diverse range of individuals, including teenagers, sports enthusiasts, and grandparents. The therapy provides a robust approach to body health, fostering a positive outlook on life. Its benefits extend to mental health, fatigue management, injury prevention, tinnitus relief, and general health enhancement.

The success of this therapy has now led to the opening of the new space in Little Bay incorporating Fitness classes, gym access, Sauna & Ice Baths, Remedial Massage and of course BLAST therapy.

The Official opening of BLAST PIT Fitness and Empowerment on October 7th, 2023 is an invitation to the local community and wellness enthusiasts alike to embark on a transformative journey. This new wellness haven represents Nick Tsakonas's vision to empower individuals to achieve their best selves through a holistic approach to health and fitness.

Join us on October 7th, 2023, from 4:00 PM to 6:00 PM, at Shop 2/2-8 Pine Ave, Little Bay, to celebrate the inauguration of BLAST PIT Fitness and Empowerment. Together, we will ignite the path to a brighter, healthier, and more empowered future.

For media inquiries and further information, please contact:



Short – what we do

BLAST PIT Fitness & Empowerment is a transformative wellness destination founded by Nick Tsakonas. We are launching a wholistic wellness approach in Little Bay combining "Fitness" - gymnasium access, classes, personal training & "Empowerment" a unique session that combines elements of Earth, including sauna, deep tissue decompression, inversion therapy, and ice baths. These holistic practices enhance mental health, reduce fatigue, prevent injuries, and boost overall well-being. Our approach is science-based, and we welcome individuals of all backgrounds, from teenagers to grandparents. BLAST PIT provides the tools for a powerful approach to body health, fostering a positive outlook on life while addressing mental health, fatigue, injury prevention, tinnitus, and general health. Join us on your journey to empowerment and vitality.