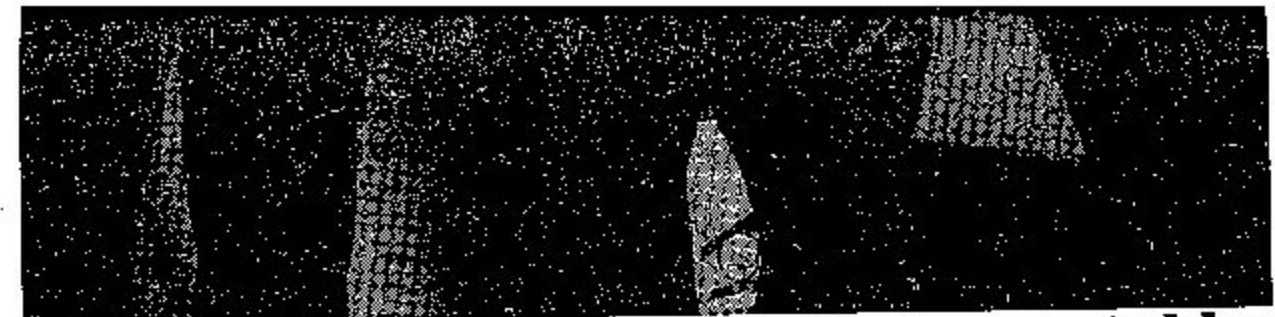


the auspices of the Brounwood Laurence and HIPPY Australia. The 25 new HIPPY locations will be announced later in the year, following a community information process involving visits to each shortlisted site by HIPPY Australia. For more information contact HIPPY website: www.hippyaustralia.org.au

WALGETT WALKABOUTS - FITNESS IS FUN!

After a successful initial four weeks promoting healthy lifestyle changes in the community of Walgett, participants have expressed they have started to lose weight, given up smoking, felt more energetic and most of all they've had 'fun doing it', quotes Eli Beach, the Exercise Physiologist of the Walgett Aboriginal Medical Service, co-ordinator of the program. 'The 10 week challenge is currently in its fifth week and we have seen a number of different community members take advantage of the free exercise sessions offered to the community at Apex Park.

We have had young and old, male and female participants from all walks of life take charge of their health. By participating in the exercise sessions they increase their physical activity levels. Through consistent participation this can help reduce the risk of developing a complex, chronic disease', he said.



L-R: HIPPY presenters Paula Rowe, Ashley Perez and Kenzie Beames

Sessions are designed with the aim of being all inclusive, interactive and enjoyable. 'If you end up smiling, laughing and not realising you've just completed 40 minutes of healthy, physical activity then I feel I have achieved my goal', mentioned Eli.

The exercise sessions are tailored to accommodate 'newbies' to the program whilst still challenging those who are already active. WAMS have had great success with improving the functional capacity of participants, elevating their energy levels and promoting the involvement of the Walgett community in a positive program.

The Walgett Walkabouts were also successful in achieving first place in the Kyle Saunders Fitness Video Challenge.. The challenge incorporated making a video depicting community members participating in rugby league style exercises and show stamina, agility, speed and strength work. The winner was chosen by Kyle Saunders of the Manly Sea Eagles.

We hope to see you at Apex Park on Monday at 6pm or Thursday 5:30 pm for some healthy, heart pumping, huffy puffy stuff.

Drawn Before Feature Bull
Ride
Sponsored by Delta
Agribusiness Burren
Junction.

Loads of lollies and fun.
For Pre-school infants
and Primary aged
Children

Julie Young Exercise Session Time Table

Monday	Tuesday	Wednesday	Thursday	Friday - Sunday
	6:30 - 10:30am <i>Exercise session for those with an EPC in WAMS Shop Front, Exercise Therapy Room</i>	11am - 3pm <i>Exercise Physiologist available for One-on-One visits at WAMS Shop Front, Exercise Therapy Room.</i>		For best results partner up with a friend, family member or exercise buddy and be physically active together. <i>Aim for:</i> - 2 x 30min of 'huffy puffy' activity - 1 x session of vigorous activity!
6 - 7pm <i>Exercise session in Apex Park with Danielle.</i>	5:30pm <i>Walking group with Edith leaving Apex Park</i>		6 - 7pm <i>Exercise session in Apex Park With Eli</i>	



The new exercise equipment in Apex Park