

For community groups and businesses



JOIN ME IN IMPROVING OUR COMMUNITY'S FITNESS AND WELLBEING

I am reaching out to local businesses and community groups to get involved in the Healthy Heathcote Challenge 2014.

The Healthy Heathcote Challenge aims to collectively increase the wellbeing and health of the Heathcote Electorate, spanning from Sutherland to Bulli.

The year-long challenge is to encourage the community to participate in local activities, to promote staying active, to create & grow social networks and most importantly to improve our fitness and wellbeing. Some of these activities may include walking groups, kayak trips, boot camp sessions, open gym days, healthy eating classes and outdoor yoga and pilates.

Registration packs will be available to people who register and will include material from "Get Healthy NSW", local business information, Australian Diabetes Council, Cancer Council and the Heart Foundation. There is the option for participants to purchase an Alere 'pebble' accelerometer (at a discounted price) which records physical activity and health information. Challenge kiosks will be located around the community to provide the participants with access to

equipment to record weight and blood pressure.

WAYS TO GET INVOLVED

- Participate in Healthy Heathcote activities by running free or subsidised classes or events.
- Assist participants to achieve their health and wellbeing goals
- Provide merchandise material relevant to your business in the Welcome Pack (i.e. water bottles, skipping ropes, discount vouchers etc.)
- Sponsor a Challenge Kiosk.

For more information or to get involved, please register your interest below. If you have questions or wish to discuss this further, please contact my office on 9548 0144 or heathcote@parliament.nsw.gov.au

Name of organisation (required)

Address of organisation

Email (required)

Contact Name

Mobile phone for contact

Please verify by entering the code in the box below

HVTM

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