

Date: 30 April 2014

Enrol now to Get up and Get Fit

The HUB Community Health Centre at Miller is challenging the community to **Get Up and Get Fit** during the colder months.

HUB Health Promotion Officer Andrew Reid urged the community to take the HUB up on its **Get Up, Get Fit** Challenge, by enrolling in the free classes on offer.

“The cold weather might make it less appealing to exercise outdoors, but there are plenty of indoor activities you can do to stay physically active and in shape during winter,” said Mr Reid.

“So come on, take up the **Get Up, Get Fit** Challenge to beat the winter blues and feel and look the best you can all year round.

“The challenge includes a variety of free classes, with the 8 week term beginning on 5 May,” he said.

Free **Get Up, Get Fit** classes at the HUB include:

- Zumba classes for all levels - Mondays, 11.30am to 12.30pm (run in partnership with Mission Australia – SWYPE).
- The Heart Foundation Walking Group for all levels – Tuesdays, 9am to 10am.
- Gentle Exercise classes for all levels - Thursdays, 9.30am to 10.30am.

Mr Reid stressed the importance of regular exercise.

“There are many health benefits to be gained by staying active, including reducing the risk of heart disease, some cancers, diabetes and osteoporosis,” he said.

“Compared with the NSW population as a whole, SWSLHD residents are more likely to be overweight or obese (57.2 per cent compared to 50.5 per cent) and less likely to participate in adequate levels of physical activity (51.8 per cent compared to 54.5 per cent).

“SWSLHD residents are also more likely to have diabetes (9.9 per cent compared to 8.2 per cent) and high cholesterol (29.5 per cent compared to 27 per cent).

“Everyone is welcome to attend the classes, no matter your age or fitness level. Not only will you be improving your health but you’ll also meet new people and have some fun getting fit,” he said.

For more information or to register contact the HUB Community Health Centre on 9608 8920.