

MEDIA RELEASE



TO:

DATE: Wednesday 18 February 2008

SUBJECT: Family fitness

Dads, Lads and Lasses

Where can you and your kids go to have a fun, safe workout overseen by qualified caring instructors? Dads, Lads and Lasses that's where.

Commencing in Wonthaggi and Leongatha over the past weeks, the program has been designed to bring dads and their children together into an exercise environment and to promote the benefits of physical activity for the whole family.

What has happened so far is that dads and kids are getting a whole lot more than they bargained for. Sure the benefits of increasing your exercise is easy to measure, but the connections and relationship building that dads and their kids are experiencing is priceless.

Introducing games and elements of fitness training and boxing has kept the groups' enthusiasm sky high.

Giving dads across our region a chance to get active with their kids has GippSport program coordinator Mark Lindsay excited "Its not just about the exercise. Its about getting together with your kids no matter your personal situation and having a good time." says Mark. "Time may be hard to come by, kids might be climbing the walls at home or mum may need a break. This gives you the chance to set a time down and spend some quality time and have a real positive impact on your kids lives."

With plans to broaden the reach of the program across greater Gippsland, Dads , Lads and Lasses is still taking registrations and will be running throughout the first term with an extension of the program likely due to local support.

To find out more on the Leongatha classes please contact Body Trim on 5662 3058 or for Wonthaggi contact New Body Therapy on 5672 3162.

End.

Barry Switzer
Executive Officer
GippSport
