



## **GLADSTONE RESPONDS TO THE HEALTHY ACTIVE CALL**

Gladstone residents are taking up the challenge the “Be Smart and Take Part”.

Officially launched by Mayor George Creed on Tuesday 10th February, Healthy Active Gladstone Region has motivated many individuals, organisations, workplaces and food outlets to get active and healthy.

Active Ambassadors have generated a huge range of ideas to motivate the masses to get healthy and active. A big girls group has started in Calliope and with free use of the Calliope pool, walking and swimming sessions are held five days a week.

Active Ambassadors are working in schools to implement fun 30 minute activity sessions and teach children the fun of physical activity. There are new walking groups in Gladstone and Boyne Tannum, ideas for healthy policies and parents motivating other school parents to be more healthy and active. If you see an Active Ambassador in their bright blue “Be Smart, Take Part” t-shirt, be sure to have a chat to them about the Healthy Active Gladstone Region project.

Juicy Sushi and Clinton Foodworks are the first recipients of the Healthy Choice Awards. Juicy Sushi has a range of healthy options on their menu and Clinton Foodworks are offering healthy lunch packs and salads. Community Nutritionist, Nicole Starkey has been working closely with a number of other local food outlets to implement the Healthy Choice Awards. Award recipients can proudly display their Healthy Choice Certificate, as well as promoting their healthy menu choices with the healthy active apple logo.

4CC and GAPDL are leading the way with ideas to get employees healthy and active. Both organisations are setting up activities for employees to participate after work. 4CC employees have been trying out a number of local sports and activities and are loving the challenge.

Speaking of challenges, Gladstone Rotary Midday Club has issued a challenge to service clubs and other organisations in the region to see who the fittest club is. Midday Rotarians were measured and rated on their fitness at the launch of healthy active. Other clubs in the region have been issued a challenge to see if they can be the fittest club in the Gladstone Region. Stay tuned for the results!

Many of our local sport and recreation organisations have registered as Healthy Active Organisations. To find your ideal sport or activity on the healthy active website and give it a go!

Details on the range of activities in the region and any of the above strategies can be found on the Healthy Active Gladstone Region website:

[www.gladstonerc.qld.gov.au/healthyactive](http://www.gladstonerc.qld.gov.au/healthyactive)

Remember...Be Smart, Take Part.