

media release

FOR IMMEDIATE RELEASE

November 5, 2010

Photo: Lyndal Hansen, Healthy Active Project Coordinator, presenting information to latest Healthy Active Ambassador Courtney Menagh.

Recruiting new Healthy Active Ambassadors

The Healthy Active Gladstone Region project is growing rapidly and, to keep up with the exciting new projects, we need more people.

We are currently recruiting new Healthy Active Ambassadors to help make our region the healthiest and most active place to live in Queensland.

An information session will be held on Wednesday, November 10, from 5.30pm to 6.30pm at Gladstone Regional Council's Community Advisory Service in Goondoon Street for those interested in joining up.

Acting Mayor and Healthy Active Gladstone Region Chairperson Councillor Gail Sellers said more people were needed to spread the Healthy Active message.

"We are working on some very exciting projects, including linking migrants and people with a disability with sports, and, we are also working very closely with CQUniversity's Man-Up project," Cr Sellers said.

"Healthy Active Ambassadors are an integral part of our project as they represent our strategy and what we aim to achieve."

The role of an ambassador is to motivate and influence others by spreading the message of a healthy and active community and undertake activities that promote the strategy of getting the inactive active and the unhealthy healthy.

Councillor Sellers urged those who may be interested, but unsure of how they can help, to come along to the meeting and see what's involved as other ambassadors will be present to share their experiences and ideas.

"You don't need to be sporty or have any particular skills, just the passion to get people fit and healthy," Cr Sellers said.

For further information please contact Project Coordinator Lyndal Hansen on (07) 4978 1389 or email Lyndal@amarna.com.au

MEDIA INFORMATION: For further information contact Council's Community Relations Section on 4976 6946.