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Shape up and help out

WOULD-BE fitness trainers who want to help improve the health of people in their communities can sign up to help deliver a new program being rolled out in the Murraylands.

Coordinator Bianca Gazzola said in the coming months Healthy Murraylands would be introducing a subsidised training project for people interested in helping deliver 10-week blocks of programs.

"We are looking for enthusiastic, motivated Murraylands' residents to undertake training in these worthwhile programs," she said.

"Healthy Murraylands will support any person who undergoes this training through subsidised costs and ongoing support throughout the rollout of programs once training is completed."

In order to lead



Living healthy: Healthy Murraylands coordinator Bianca Gazzola, who is overseeing training by Andrew "Cosi" Costello, says the program is looking for people to become accredited in fitness.

training in either the Heartmoves or Strength for Life programs, participants are required to hold a minimum of Certificate III in Fitness, and Healthy Murraylands would then facilitate and supporting train in the certificate in order to recruit more eligible people.

Strength for Life promotes health and well-being among people

over 50 years through strength training programs and encourages older South Australians to attend sessions by promoting its benefits.

Ms Gazzola said there were also other training opportunities and programs available to deliver through Healthy Murraylands that did not require a certificate or qualification in fitness.

"Taking on the role of Heart Foundation walk organiser is one of these, while WiseMove is another program," she said.

"WiseMove is a 10-week lifestyle program aimed at women that encourages participants to set goals and enjoy being active - and the best part is, there are no prerequisites to undergo training in this program."

- Details: Healthy Murraylands is inviting people to lodge expressions of interest which can be done by contacting the office on 8569 0182 or email info@healthymurraylands.com.au.

Further information about fitness program training opportunities in the Murraylands can be found online at www.healthymurraylands.com.au.

Funded by Dairy Australia and your dairy service levy



DAIRY POLL FORUM IN STRATHALBYN

Join Dairy Australia for a 1-2 hour forum on Dairy Poll 2012, from 1pm at the Dunreath Homestead on 23 February.

Dairy Poll 2012 will give farmers a say in how they will support their