

23 July 2019

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FROM YOGA TO BOXING, STOCKLAND RAISES BAR WITH FREE FITNESS INITIATIVES FOR ALL AGES

Stockland is leading the charge for creating healthy communities in New South Wales with free outdoor fitness sessions which have helped residents shed more than 600 kilograms in 12 months.

The free sessions are just part of a range of activities and exercise-focussed initiatives that form the foundations of every Stockland community, encouraging residents of all ages to lead healthy, active lifestyles.

Residents and visitors are invited to join in the outdoor exercise program coordinated by Live Life Get Active, which offers daily 45-minute sessions of boxing, cross training and yoga as well as access to handy information on health and nutrition.

The sessions are held each weekday during the school term at Elara in Marsden Park, McKeachie's Run at Aberglasslyn, Altrove at Schofields and Willowdale at Denham Court.

McKeachie's Run, Elara and Altrove also feature the Ready Steady Go Kids free multi-sports program to support children's health and fitness.

Richard Rhydderch, Stockland General Manager, NSW Residential Development, said Willowdale also has a Heart Foundation walking group which meets every Monday morning.

"We know how important health and wellbeing is to our residents which is why our masterplanned communities are designed to encourage active lifestyles for all ages," Mr Rhydderch said.

"Stockland is a leader in community creation and our focus on liveability and sustainability ensures generations to come will benefit from the initiatives we are putting in place now.

"All Stockland communities in NSW feature extensive networks of walking and cycling paths, parkland and playgrounds for sports and recreation, and a range of free fitness programs.

“We’ve hosted cycling lessons for children and Jamie’s Ministry of Food cooking classes for families, and even our four-legged friends are catered for with dog parks in Willowdale and Altrove.”

According to the national 2018 Stockland Liveability Survey, 86 per cent of residents agree that health and fitness is an important part of their lives.

More than 590 participants are actively involved in the Live Life Get Active sessions at Stockland’s NSW communities, shedding a total of more than 550 centimetres from their waistlines in the space of a year.

“It’s wonderful to see residents and visitors embracing the free fitness sessions, losing weight and building friendships as well as self-confidence,” Mr Rhydderch said.

Amanda King, Chief Executive Officer at Live Life Get Active, said the sessions were designed to be fun and were attracting people of all ages and fitness levels.

“Live Life Get Active was set up to improve the fitness, health and happiness of communities across Australia, with a specific objective to address issues such as obesity, heart disease, diabetes, mental health and illness recovery,” Ms King said.

“The sessions are popular because they offer a variety of exercises as well as an opportunity to meet new people in a welcoming environment.

“Together with easy-to-follow video recipes and budget guidelines, we provide people with a free nutrition plan that makes meal preparation fun and easy.”

Anyone interested in taking part in the outdoor fitness program at Stockland communities, which are co-ordinated by Live Life Get Active, can register online at www.livelifegetactive.com and start booking sessions.

For more details on Stockland’s residential projects in NSW and Display Village locations, phone 13 5263, visit www.stockland.com/nsw or call into a Stockland Sales and Information Centre.

ENDS

About Stockland: Stockland (ASX: SGP) was founded in 1952 and has grown to become one of Australia’s largest diversified property groups – owning, developing and managing a large portfolio of retail town centres, workplace and logistics assets, residential communities and retirement living villages. Stockland is recognised as one of the most sustainable real estate companies in the world by the Dow Jones Sustainability Index (DJSI) and as a Global Sector Leader by the Global Real Estate Sustainability Benchmark. Stockland is also an Employer of Choice for Gender Equality, as recognised by the Workplace Gender Equality Agency. www.stockland.com.au