

26 September 2016

133 Castlereagh Street  
Sydney NSW 2000

T 02 9035 2000  
F 02 8988 2552

[www.stockland.com](http://www.stockland.com)

**For media enquiries**

**Nicola Webber**  
Pitch Public Relations  
M +61 (0)418 453 821  
[nicola@pitchpr.com.au](mailto:nicola@pitchpr.com.au)

**Greg Spears**  
Senior Manager  
Media Relations  
Stockland  
T +61 (0)2 9035 3263  
M +61 (0)406 315 014  
[greg.spears@stockland.com.au](mailto:greg.spears@stockland.com.au)

## OLYMPIAN JANE FLEMMING TO LAUNCH FREE LIVE LIFE GET ACTIVE FITNESS PROGRAM AT ELARA

### MEDIA ALERT

**WHAT:** Jane Flemming launching the free Live Life Get Active program at Elara

**WHEN:** Tuesday, 27 September at 9.00am

**WHERE:** Elara Community Hub, near Livvi's Café, Elara Boulevard, Marsden Park

**WHOM:** Jane Flemming, fitness class participants and representatives from Stockland and Blacktown City Council

**VISION:** Inaugural participants of the fitness program mingling with Jane Flemming and Live Life Get Active trainers at the park

Elara residents who want to improve their health and fitness will be able to kick off their campaign alongside former Olympian and Commonwealth Games champion Jane Flemming.

Jane will attend the first session of Live Life Get Active – a free health and fitness program – at Stockland's Elara community on Tuesday, 27 September.

Live Life Get Active is a private social initiative that aims to get Australians fitter, happier and healthier through fitness camps in local parks around the country.

The program also provides information on health, fitness and nutrition and encourages participants to track their progress online and monitor weight loss and fitness levels.

The free Live Life Get Active classes at Elara will be held at the Elara Community Hub on Elara Boulevard. The 45-minute classes will start at 9.30am, Monday to Friday, and will include cross training, boxing and yoga. To register, and get a free tailored nutrition plan, go to [www.livelifeggetactive.com](http://www.livelifeggetactive.com).

Steve Barlow, Regional Development Manager at Stockland, said Life Live Get Active classes were a good fit with the commitment of both Stockland and Blacktown City Council to creating healthy, active communities.

“I’m thrilled Jane could attend the launch of Live Life Get Active at Elara,” Mr Barlow said.

“Jane’s achievements are an inspiration to us all and these classes at Elara are a fantastic way for people to use that inspiration to make a positive change to their lives but also to meet their neighbours and make new friends.”

Jane Flemming is the co-founder and ambassador of the Live Life Get Active program.

“At Live Life Get Active we strongly believe that a person’s health is their greatest asset,” Jane said.

“Our classes are designed so that everyone can take part, from beginners right up to the more advanced. It’s a welcoming environment and everyone has fun.”

Elara is at Marsden Park in Sydney’s thriving north-west corridor. More than 200 people now live in the community that, when complete, will include more than 4,000 homes, more than 10,000 residents, a town centre, several playgrounds, a community centre, sports fields, childcare centre and schools.

Elara is 15 minutes from Blacktown, 24 minutes from Parramatta and 10 minutes from the recently upgraded Schofield Train Station.

For more information about the community and future land sales you can visit the Sales and Information Centre at Elara Boulevard, Marsden Park, go online at [www.stockland.com.au/elara](http://www.stockland.com.au/elara) or call 13 LAND (13 5263).

To follow Elara on Facebook go to [www.facebook.com.au/elaracommunitymarsdenpark](http://www.facebook.com.au/elaracommunitymarsdenpark).

## **ENDS**

### **About Stockland**

Stockland (ASX: SGP) was founded in 1952 and has grown to become Australia’s largest diversified property group – owning, developing and managing a large portfolio of shopping centres, residential communities, retirement living villages, office and industrial assets. Stockland was recognised by the S&P Dow Jones Sustainability Indices (DJSI) as the global real estate sector leader for 2015-16, demonstrating world leadership across the areas of stakeholder engagement, customer relationship management, supply chain management, biodiversity and climate change strategy. Stockland was recognised as the Regional Sector Leader for Listed, Australian, Diversified Property Companies in the 2015 GRESB Report. [www.stockland.com.au](http://www.stockland.com.au)