

23 July 2019

Level 4
99 Melbourne Street
Brisbane, QLD 4000
www.stockland.com.au

T 07 3305 8600
F 07 3305 8702

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

For media enquiries

Darren Grant
Pitch Public Relations
T +61 (0)7 3398 8660
M +61 (0)400 065 068
darren@pitchpr.com.au

Stephanie James
Media Relations Manager
Stockland
T +61 (0)2 9035 2492
M +61 (0)438 329 762

Stockland is leading the charge for creating healthy communities in Queensland with a range of activities including free outdoor fitness sessions that have helped residents shed more than 870 kilograms in 12 months.

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

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

The sessions are held each weekday during the school term at Newport on the Redcliffe Peninsula, Sovereign Pocket at Deebing Heights, as well as Aura and Birtinya on the Sunshine Coast.

David Laner, Queensland General Manager for Residential Communities at Stockland, said free multi-sports programs for children, parkruns and Heart Foundation walking groups were also running on a regular basis at Stockland's south-east Queensland communities.

"Our masterplanned communities are designed to make the most of the Queensland climate and encourage active, healthy lifestyles as we know how important health and wellbeing is to our residents," Mr Laner said.

"Stockland is a leader in community creation and we are implementing initiatives now that will benefit generations to come through our focus on liveability and sustainability.

"All of our communities in Queensland incorporate extensive networks of cycling and walking paths for exercise and active travel, as well as parkland and playgrounds for sports and recreation and free exercise programs."

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.

Almost 750 participants are actively involved in the Live Life Get Active sessions in Stockland's Queensland communities, shedding a total of more than 940 centimetres from their waistlines in the space of a year.

Amanda King, Chief Executive Officer of Live Life Get Active, said that the daily 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 program can register online at www.livelifegetactive.com and start booking sessions.

Baringa at Aura, Augustine Heights and Pallara all host weekly parkruns while Aura and Pallara regularly feature the free Ready Steady Go Kids multi-sports program.

Every home within a Stockland community is within walking distance of parks and every home is connected to a network of dedicated walking and cycling paths.

Meanwhile, Stockland has a vision for Aura to become a national cycle city showcase with more than 200 kilometres of cycle paths planned to encourage residents to get on their bikes as an alternative to car travel.

To find out more about Stockland's Queensland communities, visit a Stockland Sales and Information Centre at your chosen community, call 13 LAND (13 5263) or go to www.stockland.com.au/residential/qld

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