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MCKEACHIES RUN RESIDENTS CELEBRATE 735 KILOGRAM WEIGHTLOSS

Stockland McKeachie's Run local residents have lost a staggering 745 kilograms and 738cms collectively thanks to the community run, Live Life Get Active program.

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

The local program, run by the Stockland McKeachie's Run community, has seen steady growth since its inception and achieved outstanding results from its participants across multiple health and wellness areas.

The majority of its members have seen a high level of weight loss but also significant decreases in diabetes, depression and high blood pressure, thanks to an increase in exercise and social interaction.

Ryan Baitz, Stockland Development Manager, said that the results from the group were outstanding and a clear indication of its success.

"We're really proud of the success that the McKeachie's Run Live Life and Get Active program has shown. At Stockland, the health and wellbeing of our community members is a key pillar in our success and our aim is to provide community initiatives, as well as the best amenities and facilities that encourage the local community to be active and social. We have two great sporting fields, cycle ways, parks and footpaths that have all been created to help encourage our community to be active."

Pertrea Saxby, who has been attending the free community program for 2 years, says she loves attending the classes and that she's made some great friends from the local area.

"The camp has helped me physically and mentally as well as making contact with some beautiful people. It's great that Stockland fund this initiative in our community."

McKeachie's Run is a vibrant established Stockland community perfectly positioned in the heart of the beautiful Hunter Valley, just 12 minutes from the Maitland city centre and 30 minutes to Newcastle's bustling centre and beautiful beaches. The Aberglasslyn address offers residents an idyllic location to build their own home among 15 hectares of open green space and is in close proximity to amenities such as Woolworths and selected amenities stores.

For more information about the community and future land sales you can visit the McKeachie's Run Sales Centre or go online at www.stockland.com.au/mckeachie'srun or call 13 LAND (13 5263).

To follow McKeachie's Run on Facebook visit www.facebook.com.au/mckeachie'srun

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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 the most sustainable real estate company 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.
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