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### RESIDENTS SHED KILOS AT FREE NEWPORT FITNESS SESSIONS

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Free outdoor fitness sessions to help residents in Stockland's Newport community shed the kilos and make new friends are back in full swing.

Stockland is inviting locals and visitors from the surrounding region to join in the Live Life Get Active program, which offers daily 45-minute sessions of boxing, cross training and yoga, with participants also able to access handy information on health and nutrition.

The classes are being held each weekday from 6.15am to 7am during the school term in Newport Park, located at corner of Griffith Road and Lionheart Crescent.

David Laner, Queensland General Manager for Residential Communities at Stockland, said the sessions have been running at Newport since September 2016.

"Participants in the Live Life Get Active sessions have not only lost weight, but created friendships and connections within their community, along with building their self-confidence," Mr Laner said.

"Stockland is committed to providing opportunities for residents to lead active and healthy lifestyles, and it is exciting to see how popular the Live Life Get Active program has become in our communities.

"All of our communities have been designed to incorporate a network of cycling and walking paths close to all amenities and facilities as part of our focus on health and fitness, and every home is located within walking distance of a park and playground."

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 at Newport can register online at [www.livelifegotactive.com](http://www.livelifegotactive.com) and start booking sessions.

Newport occupies a prime position in Brisbane’s thriving northern growth corridor on the Redcliffe Peninsula and is located 36 kilometres from Brisbane CBD.

The community will be home to more than 5,000 residents upon completion with almost 1,700 dwellings and a future town centre.

Newport has just celebrated the opening of the nautically-themed lakeside Spinnaker Park which incorporates a launch area for non-motorised water craft such as boards and kayaks, as well as an innovative playground designed in collaboration with the Touched By Olivia Foundation.

House and land packages start at \$502,400, compared to the median house price for Scarborough which is \$560,000.\*

To find out more about Newport, visit the Sales and Information Centre on the corner of Griffith Road and Boardman Road, Newport, or go to [www.stockland.com.au/newport](http://www.stockland.com.au/newport). You can also become a fan on Facebook at [www.facebook.com/newportwaterside](http://www.facebook.com/newportwaterside).

## ENDS

**Note to editor: \*Suburb median price as per data from realestate.com.au, last updated 28 May, 2019.**

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