

Media Alert



10 April 2013

Reclaim your lunch hour with Healthy City Initiative

In a move to get local workers away from their desk during their lunch break, the Lord Mayor of Parramatta, Cr John Chedid will launch a range of events across the CBD to get people active and healthy during the working week.

The launch will take place on Thursday, 11 April, 12:00pm as the Lord Mayor, Cr John Chedid, joins the Sports Stars, to announce the start of table-tennis and five-a-side soccer activities in Church Street Mall.

The lunch hour project is part of the Lord Mayor of Parramatta, Cr John Chedid's Healthy Generations initiative, which aims to encourage local workers and residents to adopt healthy lifestyle choices.

"Parramatta City Council seems to be the only Council that's currently focusing on the health and fitness needs of our workers. This is why we've organised a range of activities to fit our busy workers' schedules, usually for the morning and lunchtime period," Cr Chedid said.

"I think there is something to suit people of all abilities – so if a touch football competition is not your thing, you have the option of something lighter, such as the Healthy Strides Friday morning walks.

"These activities are also great team building activities for staff, with the added benefit that physical activity can improve people's performance at work," Cr Chedid said.

LUNCH HOUR ACTIVITIES INCLUDE:

Team Sports

Anderson Events run lunchtime team training sessions and tournaments in both mixed Soccer and Touch Football, suitable for individuals and teams from organisations. For further information contact Matt Anderson on 1300 132 921.

Healthy Strides

Come and join the Lord Mayor for his regular 30 minute Friday morning walk. The walk leaves from in front of the Parramatta City Council reception, 30 Darcy Street at 8am prompt. For more information or to register interest contact Felicity Threadgate on (02) 9806 5676.

Fitness Sessions along the river

Rush Hour Australia will be running regular morning and lunch time fitness programs along the Parramatta River foreshore, including kickboxing, cardio and resistance training. For more information visit www.rushhour.net.au or phone 1300 007 874.

Tennis Courts

P. H Jeffrey Reserve Tennis Court situated at Barton Street, North Parramatta will be running lunchtime sessions at half price rates. To book your court contact John May on (02) 9683 1703.

Swimming / Aquatics Centre

Parramatta Pool will be running lunch time lap training sessions from Monday 22 April, 2013. Sessions will run every Tuesday and Thursday from 12:15pm for 45 minutes. For more details please phone (02) 9630 3669.

Mall Activities

Look out for the Sports Stars in Church St Mall running a number of table tennis and sporting programs over lunch times between 11am – 2pm on 15 and 22 April and then every Tuesday until 4 June 2013.

Corporate Table Tennis Challenge

Parramatta City Council will be holding a Corporate Table Tennis Challenge on Wednesday 10 July to raise money to supply 25 schools in the Parramatta LGA with Table tennis equipment. For more information or to register your team call (02) 9806 5419.

OR get together a group of fellow enthusiasts and get training for some events running later in the year:

Ice Age Swim Challenge: Wednesday 3rd July 2013

A swimming competition where participants will need to demonstrate safe entry and exit in an aquatic environment, mobility in the water, efficient and effective strokes, survival and rescue techniques, underwater skills and water safety. Certificates and prizes will be awarded to the top contestants.

Biathlon: Sunday 1st September 2013

A Biathlon is an endurance event combined of two disciplines, in this case a 5km run and a 1km swim.

For more information on the Healthy Future Generations activities contact Sarah Glaied on 9806 5419.

PHOTO OPPORTUNITY

What: The Lord Mayor of Parramatta, Cr John Chedid will be playing table tennis and five-a-side soccer with the Sports Stars and community to launch the Healthy Generations initiative.

When: Thursday, 11 April 2013, 12:00-12:30pm.

Where: Church St Mall, Parramatta.

Media Enquiries:

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