



# FIT FOR FREE

Want to spring into summer fit and in shape? HBF is running free group training sessions in the city. **Alecia Hancock** reports.

**L**ike many of us, 92.9 breakfast radio presenter Lisa Fernandez has welcomed in spring with a few extra, unwanted kilos. So she's doing something about it.

She has joined HBF's free group fitness program, Spring into Summer.

After the runaway success of its free training programs to help West Aussies train for the HBF Run for a Reason fun run in May, HBF is offering free group training sessions, under the eye of qualified trainers, for anyone

All you have to do is turn up to one of the four sessions on offer in Perth each week.

like squats and lunges, push-ups, crunches, lots of running and walking," he said. "Depending on the group, we have beginner, intermediate and advanced and we have tailored different training programs to different intensities."

West Australians of all ages and fitness levels were welcome, Mr Tamatoa said.

"The idea is to get as many people coming down as possible, so we want to keep it open and for everyone — it's not just for HBF members. They just have to complete an exercise disclaimer before and then they are ready to go."

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HBF health promotion consultant Max Tamatoa said the initiative was designed to help sedentary West Australians get active.

"Some people find it hard to make the time and to pay to have a service like this," he said. "Having this for free gives people the opportunity to start and adopt those lifestyle choices they can sustain over time."

Mr Tamatoa, who has a degree in exercise sports science, will run some of the training sessions and said they would be designed to be fun and not intimidating for beginners.

"There will be lots of body weight exercises

Fernandez told Mind&Body that she would be attending a session every week. Although she regularly walked with her 23-month-old daughter Isabella in a pram and her Rottweiler Atticus, she said she was not used to doing formal exercise.

"I definitely need to lose a few kilos before summer kicks in," she said. "I'd like to lose five kilos and get fit. That would be my main goal."

Fernandez said she was looking forward most to the chance to train with friends from work.

"We all have such busy lives and group

back



exercise together isn't something we'd organise, more likely would be a trip to the pub," she said.

"So this is clean, healthy fun."

While she joked she was nervous about being less fit than everyone else, she thought it would be a positive environment.

"Everyone is at different fitness levels and hopefully the attitude is to celebrate people wanting to get fit and supporting those who might struggle a bit . . . like me," she said.

Ms Fernandez said she'd definitely like to encourage people to come down and give it a go.

"Group fitness is a lot of fun and a great way to break up a workday so you can return

feeling refreshed," she said. "It's also good to know you've done some exercise during the day, so you can relax in the evening.

"And when the trainer is Max . . . what's not to enjoy? I'd work my hamstring for him anytime."

**The free training sessions take place at Alf Curlewis Gardens on the foreshore opposite the Esplanade Train Station every Monday, Wednesday and Thursday 5.30-6.30pm; with a lunchtime session on Tuesdays 12.15-1pm. Beginner yoga classes are also held Tuesdays 5.30-6.30pm and Wednesdays 12.15-1pm. For more information visit [hbf.com.au/fitness](http://hbf.com.au/fitness).**



**REASONS TO MOVE**

Did you know that just by doing the recommended level of exercise you can reduce:

- Risk of heart disease by up to 40 per cent?
- Risk of stroke by 27 per cent?
- Diabetes by almost half?
- High blood pressure by almost

- half?
- Mortality and risk of recurrent breast cancer by almost half?
- Risk of colon cancer by more than 60 per cent?
- Risk of developing Alzheimer's disease by a third?

PROVIDED BY EXERCISE IS MEDICINE