

media release

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FOR IMMEDIATE RELEASE

Caption: *Jean Stitt watches on as her granddaughter Danika Hancock takes a spin on the 'Sky Runner' at Gladstone Regional Council's new all-ages activity area at Happy Valley Park.*

Families healthy and active with Council's new all-ages area

Work on Gladstone Regional Council's all-ages outdoor activity area at Happy Valley Park is not even complete and already the area is so popular among fitness enthusiasts that spaces on one of the new 11 triple stations are hard to come by.

Jean Stitt and her granddaughter Danika Hancock, who were spotted at the new *Gladstone City Family Fun & Fitness Area* this week taking a spin on the 'Sky Runner' triple station, gave the \$170,000 all-ages activity area two thumbs up.

"I think it is just a fabulous idea; a really excellent set-up," Mrs Stitt said of the area.

"Driving past the other day I saw people all over the equipment having a go, so I decided to bring Danika down after school to try it out and she's absolutely loved it.

"We'll definitely be coming back again and I'd recommend everyone come and try the area out too, the new equipment really makes exercising fun and a family affair."

Council's Parks & Recreation Portfolio spokesperson Councillor Gail Sellers said she was thrilled the Gladstone City Family Fun & Fitness Area had been embraced by the community.

"The vision with Happy Valley Park was to create an area that made exercising fun and a facility that would encourage families and friends, young and the old, to take part in and enjoy physical activity together," Cr Sellers said.

"So we're delighted that without even being completed yet, that the new activity area has ignited such enthusiasm in the community.

"This new area is just one of the ways that Council is working to promote a healthy, active lifestyle among our region's residents and Gladstone as the 'Region of Choice' for outdoor recreational opportunities."

Cr Sellers said the popularity of the new activity area was encouraging, given plans were in place to install similar pieces of equipment along some walking tracks around the region with the \$600,000 prize Council's Healthy Active Gladstone Region Initiative won at the recent Healthy Active Queensland Awards.

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The new activity area features 11 triple stations, including the *Cycle Runner* Station, the *Go! Bike* Station and the *Relaxation Zone*, designed for all ages from five years upwards.

The area will be completed in the near future after a drinking fountain, two solar lights and a shade cloth structure are installed by Council.

**MEDIA INFORMATION: For further information contact Council's
Community Relations Department on 4970 0700.**