



### **Support for the Journey to a Healthier, More Active Life**

Meagan Molloy, a Healthy Active Gladstone Region Ambassador, has carried out her duties as a leader and motivator by starting up a support group for overweight women. Meagan has been working closely with the public pool in Calliope to reserve times for overweight women to come to their venue for a swim or walk in the pool together. This is much more than a chance to swim and walk though; it is an opportunity for the women to support each other by joining together to become more fit and healthy.

Both the pool facilities and the people will offer plenty of support. The pool is a simple walk from the car parking lot, has easy access to the 25 metre pool through a ladder and steps, has stainless steel railings for guidance, close access to toilets (including disabled toilets) and showers, and most of all it is sheltered from outside viewers so people do not have to feel like their privacy is being violated.

Thanks to Meagan's hard work and her high degree of concern about doing something proactive for overweight women of the area, the Calliope pool has arranged private times for the support group. A special thanks also goes out to the Calliope State School for their encouragement to the local community to use the pool. Starting Monday, February 1, the pool will be open for this supportive cause from 10:30am to 12:00pm (on Mondays), Wednesdays and Thursdays 6:30 to 7:30am and Fridays from 9:00 to 10:30am. The early morning times will depend on the amount of response to this article and all other times will be weather permitting. It is important for people to take action if they feel this would be the smart move to a healthier, happier lifestyle for them.

*"A few professionals have indicated they are happy to come along and show us some safe moves or that simply walking in the water is beneficial. This is not an organised exercise session; it is support, talking, laughing and getting the heart pumping in a friendly, safe environment,"* urges Meagan. The idea of this support group is to network with other overweight people by meeting for a swim, going out for a coffee with each other or enjoying the lovely parks and beaches around the area. *"It is the perfect opportunity to swap ideas, encouragement and friendship during the sometimes difficult journey of getting fitter and healthier"* says Meagan.

Meagan strongly encourages anyone to get involved and not miss out on this incredible shot at a healthier lifestyle behind the support of many others who can relate to their position. All enquiries please phone Meagan Molloy on 4975 6122 or 0407 690 640.

Meagan's advice: *"Come on ladies, I am a large woman who loves swimming – come join me."* Don't let this rare opportunity slip away – "Be smart, take part."