



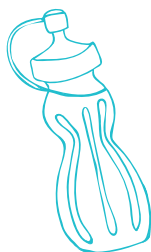
**GET
ACTIVE:**

Fit Me GROUP

Get active and enjoy nature. Our fit me group is about having an active and healthy attitude to life. Each week we will get out and about to new places. Try out some new activities and learn more about staying healthy.

Some of the activities you can look forward to:

- Bush walks
- Trips to the park
- Team sports
- Gym classes/Sports centre outings
- Discussions on healthy eating and nutrition
- Surfing and kayaking



Perfect for:

Anyone 16 plus who is looking to get active, but not necessary break out in a sweat. You might want to check out our gym group for that!

What to expect:

- We focus on active outings and health living education
- Join in community health activities
- Transport included



Interested

Visit www.montrose.org.au/lifestyle
Or call us on **1800 193 362**.