

## "Walk It Off"



Issue No 7

**Final  
Newsletter  
2010**

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Neighbourhood  
Centre**

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### *Gin Gin Health Expo – 2010*

The Gin Gin Neighbourhood Centre held the final weigh-in at the Gin Gin Seniors & Health Expo at the RSL Hall 12th August, 2010.

With approximately 50 active participants we lost 205.9 kilograms and walked 41076 kms. What a great effort! Congratulations everyone involved in the program!

There are some truly inspirational stories - from participants losing 17% of their original weight, others losing 4 dress sizes, and others losing 10, 6, and 5 kilos over the 6 month program, to others gaining self-esteem and self-confidence enabling them to go out and get a job, another not knowing he had a heart problem until he tried to walk (he is now awaiting major heart surgery), another did gain a couple of kilos, BUT, she gave up smoking! (that's got to be good!). What amazing stories!

Most of us were able to maintain our weight, but walked or exercised more and ate moderately and healthier meals. It was interesting to learn how many had lost inches (or centimeters), but not weight with the extra movement.

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The Gin Gin Seniors & Health Expo was well attended by 25 service providers and many participants. Bob Dieckmann, Manager of the Gin Gin Neighbourhood Centre was MC for the morning. Representatives from both the Dept of Communities and the Bundaberg Regional Council were in attendance.

Kevin Lemmon and Heather Piper hosted Tai-Chi and Yoga demonstrations of which we were invited to participate.

Guest Speakers were Graham Jackson from Council of the Ageing, spoke about generic medicines, and Marilyn King from the Bundaberg and District Arthritis Support Group enlightened us about arthritis.

A diabetes forum was well received, with Tim Spargo (Pharmacist), Trina Christie (Vision Australia) and Pat A'bell (Diabetes Educator) answering questions from the floor.

A light luncheon was served at the conclusion of a really enjoyable morning.

## .PRIZE WINNERS

2 Nights Accommodation in 2 bedroom apartment at Bargara—Georgina Karalavos-Dymott  
\$100 fruit & veges—Nora Reeve  
Sunscreen-Janine Hall

Crochet Blanket—Baczynski  
Embroidered Towels-Jeanette Hall

## PEDOMETRES

If you are no longer using your pedometer, could you please return it to the Neighbourhood Centre.

*Keep in touch with the Neighbourhood Centre as we may be running another Program to encourage each other to keep eating healthier, keep fit and to exchange some tried and proven recipes.....*

## *Photos from the Seniors & Health Expo*



Julie Bust, Cr Judy Peters and Carlyne Hulsen



Marilyn King, Arthritis Guest Speaker interacting with audience



Yoga in a chair with Heather Piper



Exercising for arthritis with Marilyn King



Tim Spargo (Pharmacist) talking about Diabetes



'Yoga in a chair' audience participation

A 'Certificate of Achievement' is available at the Neighbourhood Centre for participants who participated in the program and didn't collect it at the Expo.

*Thank you to all volunteers who helped with the 'Walk It Off' program and Seniors and Health Expo.*