

## **Centre Treads Carefully With New Walking Club**

The Clem Jones Centre at Zahel Street Carina is very keen to start a walking club for people who want to enjoy all the suburb has to offer.

Clem Jones CEO Steve Heald said he was enthusiastic about the opportunities a brisk walk around the area, that includes the Clem Jones precinct, afforded.

He said it was envisaged that the first time people could get reasonably together as a trial would be on Tuesday 15 December.

From that date onwards, Steve said he was hoping that walkers could enjoy each other's company, as well as some healthy exercise, every Tuesday and Thursday morning.

Steve said it was envisaged that people could meet at the centre at 6.30 am, take a three kilometer (or longer) walk around the streets, and then go for a cool down with a 400 metre water walk, at say 7.15 am, at the centre's outdoor heated 25 metre pool.

Steve said he hoped people could then reflect on the walk and the day's events while having a cup of coffee or tea on the pool deck area.

"We would love to hear from anybody on the centre's phone on 3398 2107 who is interested in getting involved," Steve said.

"We have discussed launching this small project with a number of people and we are very fortunate that the State Government through the Transport Minister Rachel Nolan, after representation from local Member for Chatsworth, Steve Kilburn, has very kindly agreed to supply some pedometers to encourage people to come along and participate.

"So people who would love to do just a little bit more exercise don't need any special equipment, just a good pair of walking shoes, a small bit of motivation, and, some time a couple of days a week," Steve said.

"It is amazing what an early start to the day with some gentle exercise can do for you in terms of your physical and mental wellbeing," Steve added.

He said to cover the costs associated with the project the centre would charge \$7 person for each walking session which includes access to the 25 metre pool plus tea or coffee.

ENDS

28 November 2009

More Information: Steve Heald mob 0400 442 441, Clem Jones Centre 3398 2107, web [www.clemjonescentre.com.au](http://www.clemjonescentre.com.au)