

4<sup>th</sup> August 2020

**Sydney North Health Network teams up with Live Life Get Active to get people moving, motivated and mentally well – for free**

Residents and workers in Northern Sydney now have the chance to feel fit and fantastic thanks to a free, online health and wellbeing program delivered by health promotion charity Live Life Get Active and funded by Sydney North Health Network (SNHN).

“The partnership is part of Sydney North Health Network’s plan to support communities with information and resources during COVID-19 and is available through our website, [www.snhn.org.au](http://www.snhn.org.au). These programs help people maintain health and wellbeing during social distancing measures through exercise, nutritional information, yoga and wellbeing support, and are designed for all ages,” says Lynelle Hales, CEO, Sydney North Health Network.

Live Life Get Active ([www.livelifegetactive.com](http://www.livelifegetactive.com)) is a social initiative that aims to get Australians fitter, happier and healthier through fitness camps in local parks around the country – and now from the comfort of their living rooms via a new online offering.

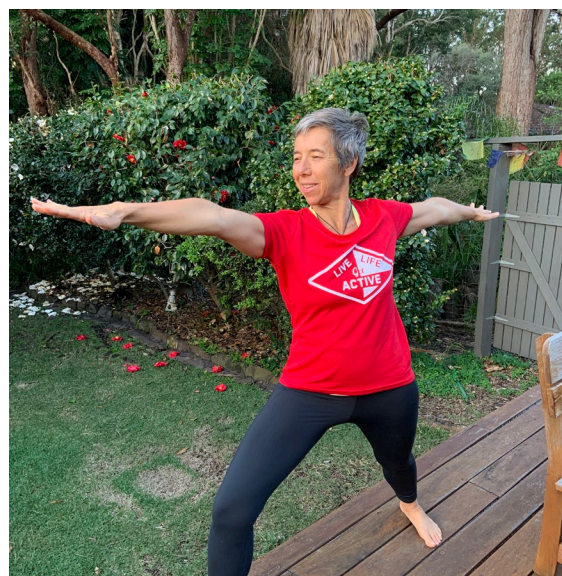
Their program has evolved to now include an online platform in response to the COVID-19 pandemic, so members are able to exercise at home when it is convenient for them and their family. They are also able to access nutritious and delicious eating plans, and mental wellbeing advice at a time when experts are reminding us that physical and mental health is more important than ever.

Jane Flemming OAM, one of the founding directors of Live Life Get Active and Sydney North Health Network Board Director, says, “If there was ever a time to look after yourself physically and mentally it is now. Live Life Get Active has evolved to offer fun, free and enjoyable exercise, and wellness programs for the entire community, making it so much easier to look after yourself. I am really proud to be a part of both SNHN and Live Life Get Active contributing to Australians’ health.”

Classes are designed to suit people from all ability levels, and all trainers and content creators are screened, qualified professionals.

“At Sydney North Health Network we help communities, especially people at risk of poor health outcomes, to stay healthy. Live Life Get Active is a great way for people to do that for free and in a sustainable way, especially at a time when people might be struggling financially,” says Donna Pettigrew, Community & Partnerships Manager at Sydney North Health Network.

Live Life Get Active pride themselves on talking about real issues in a friendly, non-intimidating and encouraging way, making the effort to understand what is going on in people’s lives that may be contributing to any current health issues.



*Live Life Get Active member Carolyn Glover doing yoga at home*

## **MEDIA RELEASE**

"[The] online classes have been a massive help. Being able to do classes without dealing with traffic or trying to find someone look after the kids has been a big improvement to my overall wellbeing – they are a huge help!" says Angela, a Live Life Get Active member from Sydney's north-west.

People living or working in the Northern Sydney area (covering the Local Government Areas below) can sign up at [sydneynorthhealthnetwork.org.au/fitness-and-health/](http://sydneynorthhealthnetwork.org.au/fitness-and-health/) for free classes, nutrition plans and wellbeing support:

- Hornsby
- Hunters Hill
- Ku-ring-gai
- Lane Cove
- Mosman
- North Sydney
- Northern Beaches
- Ryde
- Willoughby

- ENDS -

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### **Available for interview**

- Amanda King, CEO, Live Life Get Active
- Donna Pettigrew, Community and Partnerships Manager, Sydney North Health Network

### **ABOUT: Live Life Get Active**

[www.livelifegetactive.com](http://www.livelifegetactive.com)

Live Life Get Active is a health promotion charity established in 2014. Their primary focus is to address the key health issues facing communities today – obesity, diabetes, and poor mental health. They do this via a tried and tested interlinking strategy that looks at fitness, nutrition, motivation, and community connectivity. Their offering first started in parks across Australia and has focused on creating positive, measured, and sustainable change. They partner with local councils, community groups and medical service providers to help target and promote their services.



### **ABOUT: Sydney North Health Network**

[www.snhn.org.au](http://www.snhn.org.au)

The Northern Sydney Primary Health Network, operated by the Sydney North Health Network – a not for profit organisation, is one of 31 Primary Health Networks (PHNs) established by the Australian Government to increase the efficiency and effectiveness of medical services for the community. Our focus is on patients who are at risk of poor health outcomes. We work to improve the co-ordination of their care, so they receive the right care, in the right place, at the right time. It serves the Northern Sydney region (see image, right).

