

# Media Release

## **PAYCE supports more free Shire fitness classes**

Sydney, 24<sup>th</sup> November, 2014.

Leading Australian property company, PAYCE has thrown its support behind an innovative program of healthy lifestyle sessions starting shortly in Sutherland Shire's suburb of Sylvania.

Already operating successfully at two other locations in the Shire for up to a year, the free Live Life Get Active program currently boasts a total membership of 450 who regularly attend weekday open-air classes in Cronulla and Menai.

In a move to make the program more accessible, PAYCE has partnered with Sutherland Shire Council and the program's organiser, Live Life Get Active, to launch a third location at Corea Oval, off Box Road in Sylvania on Monday, 24 November.

Attending the launch and first session at 9.30am will be Jane Flemming, one of Australia's best-known Olympic track and field athletes and a director of Live Life Get Active, along with representatives from PAYCE and Sutherland Shire Council.

With the cooperation and funding from local government and corporate bodies, the popular program provides free health, fitness and nutritional education both online and through activities in local parks.

The program is open to anyone aged 18 and over who wishes to get fitter and healthier and at the same time do it in a fun way. The oldest current member is 84 years of age.

PAYCE's Managing Director, Brian Boyd said his company was thrilled to lend its support to such a successful and important community-focused initiative.

"Live Life Get Active is about getting more people active in their local or working communities, providing them with a range of activities and advice that will change their lifestyles in a positive way." he said.

"PAYCE has been creating vibrant, happy and healthy communities with its residential projects since 1978 and this fitness program is an excellent way for us to contribute positively to a similar outcome for the broader community in the Shire."

PAYCE's General Manager, Dominic Sullivan said PAYCE is a strong supporter of community and charity events across the Shire, particularly those that have a health and fitness benefit, such as the Cronulla Shark Island Swim and the Sutherland2Surf Fun Run & Walk.

“What’s appealing about the Live Life Get Active program is that there is no pressure or timeframes - people can set their own pace and goals with a simple, progressive program of exercises,” he said.

Live Life Get Active’s Chief Executive Officer, Amanda King, thanked and welcomed PAYCE on board as a partner in their program.

“PAYCE is a generous, active supporter of local community groups and events in the Shire and were very enthusiastic to help expand our health and fitness program.

“Without the support and funding from corporate businesses such as PAYCE and cooperation of local councils, it would not be possible to run our classes totally free of charge.”

Ms King said classes at Sylvania would be held daily for about 45 minutes and, as long as they book ahead, members could attend when it suits them.

“To get started, new members can register online at [www.livelifeggetactive.com](http://www.livelifeggetactive.com) with their details and from then on book in for the sessions they wish to attend,” she said.

“Members can follow their progress and make changes to their profile and activities whenever they wish by logging onto the Live Life Get Active website.

“We do limit the number of participants to 27 in each session, as this allows our trainers to give practical advice and words of encouragement to each member in the group during the session,” she said.

**ENDS**

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