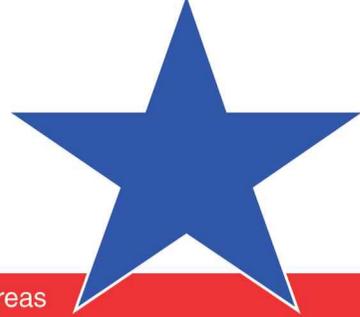


Myall Coast Nota

Thursday, July 8, 2010



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Circulating 4300 newspapers in Tea Gardens Hawks Nest, Karuah and Bulahdelah areas

Senior citizens urged to be active every day

Rotary's new team
PHOTOS: page 8



Renowned health expert shares advice

By CHLOE RAINES

LESS 'bottom time' was the message renowned family fitness expert Martha Lourey-Bird had for Tea Gardens on Monday.

"It's not about pain, it's also about enjoying it," Ms Lourey-Bird said.

She said that people can significantly reduce health risks by doing something active every day, even if it was just during the ad breaks on television.

In a presentation geared towards members of the community aged over 60, Ms Lourey-Bird talked about the benefits of physical activity and the risks people face from doing nothing.

The packed hall at St Stephen's Parish in Tea Gardens heard Ms Lourey-Bird explain how people aged over 60 could improve their health.

"If people add up the time they are sitting for each day and even reduce that by 10 per cent," she said.

"It's about setting manageable goals."

However she didn't just talk the talk.

The audience went away with exercises and activities they can put into practice everyday.

Ms Lourey-Bird specialises in family fitness, with a firm belief that exercise can be fun.

"I am extremely passionate about what I do and very dedicated to helping others get the most from life, no matter what their circumstances are," she said.

Just in Tea Gardens for the day, Ms Lourey-Bird, was also visiting her father, Brian Lourey.

With an impressive history in the fitness industry, Ms Lourey-Bird is the fitness editor of Weight Watchers magazine and a regular expert on the radio and television.

"My love of health and fitness spills over into my personal life and I enjoy being a positive role model and active mum to my 8-year-old son and four-year-old daughter," she said.

"I love helping people make positive changes to their lifestyle. Presenting exercise and health advice in a way that's relevant to a wide audience of different fitness levels is my passion.

"It would solve a lot of problems if we all found the enjoyment in being active."

Ms Lourey-Bird is a lecturer in the School of Public Health and Community Medicine at the University of NSW, with her Masters in Exercise Science.

HEALTHY PASSION: Health expert Martha Lourey-Bird had some advice for seniors and how they can lead an active life.



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