

NORTHERN WEEKLY STAR

Craigieburn mums and bubs urged to boost their fitness

JUNE 28, 2016 5:35 AM

BY LAURA MICHELL



Meghan Thorpe with Max, Amanda Whyms with Abbey, trainer Mary Cassar, Jess Huseinovic with Cade and Maggie Keenan with Jack. Photo: Luke Hemer

Craigieburn mums wanting to boost their fitness are being urged to take part in a new mums and bubs class at Selwyn House.

Run by Dianella Health and the Craigieburn Education and Community Centre, the gentle exercise class for mothers and babies encourages physical activity and promotes healthy eating.

The classes will run weekly from Wednesday, July 13, from 1-2.30pm, and will be led by a professional trainer.

Classes feature basic circuit training, pram walks, pilates and fitness and body awareness sessions, followed by information sessions on health eating for babies.

Dianella Health chief executive Dr Neil Cowen said that three out of five adults in Hume are overweight or obese – a figure that has grown almost 50 per cent in 20 years.

Less than 50 per cent of the city's adults do enough exercise.

“With such concerning health statistics impacting our community, it's essential that we implement these preventative health measures,” Dr Cowen said.

To register, phone 9308 1477 or email ceacc@craigieburn.org.au