

Media Release

22 January 2021

READY SET GO! Get out, get active and connect at the Sport and Active Living Expo

Gladstone Regional Council's Sport and Active Living Expo – the place to be for all things health, fitness and wellbeing in the Gladstone Region – will return next month offering residents information on how to get involved in sport and improve your health and wellbeing.

This year's event is taking a holistic approach to improve the health and wellbeing of the community through raising awareness and encouraging healthy and active lifestyles while promoting participation in sport, recreation and health activities.

Gladstone Region Councillor Rick Hansen said the Sport and Active Living Expo was designed to provide sport and recreational activity groups and residents the opportunity to connect.

"Gladstone Regional Council is committed to supporting the health and wellbeing of Gladstone Region residents. The aim of the Expo is to attract new and existing clientele and highlight the importance of an active lifestyle." Councillor Hansen said.

"The Expo is set to showcase some of the region's local fitness trainers, health experts, sporting clubs and more.

"It's important to remember that getting active gives your general health and wellbeing a significant boost. Taking good care of your body is one of the most important things you can do to improve your mental wellbeing.

"This year's event will include new additions including free fitness classes, giveaways and influencer appearances, in addition to the popular information stalls, presentations from expert speakers, demonstrations and come and try sessions."

The inaugural Expo was held in October 2019 as part of the Sport and Active Living Festival. Its community value was recognised by being awarded the Community Health, Wellbeing and Interest Award at the 2020 Sustainable Communities Tidy Towns Awards.

Gladstone Regional Council's Sport and Active Living Expo will be held 10am-2pm on Saturday, 6 February 2021 at the Gladstone Entertainment Convention Centre.

EVENT DETAILS

WHAT: Sport and Active Living Expo

WHEN: 10am – 2pm, Saturday 6 February

WHERE: Gladstone Entertainment Convention Centre

COST: Entry is FREE – no booking required.

<MORE>



For further information contact Council's Brand and Communications Team on 4970 0700 or media@gladstone.qld.gov.au

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Exhibitors/stallholders:

Australian Sports Nutrition Gladstone
Canoe Point Outriggers
Dance Kix
Football CQ
Girl Guides Gladstone
Gladstone Australian Football Club Inc (AFL)
Gladstone Croquet Club
Gladstone District Dirtriders Club
Gladstone Gymnastics
Gladstone Hockey Association
Gladstone MTB Club
Gladstone Netball Association Inc
Gladstone Rugby Union Football
Gladstone Tennis and Squash Association
Gladstone Amateur Basketball Association
IMMY Yoga
Just Rock Gladstone – Rock N Roll Dance & Nostalgic Memorabilia Club Inc
Morgan Mathison (Hockey)
My Health for Life
Pinnacle Fitness Coaching
Port Curtis Sailing Club
Raw Creative Studios
Scout Association of Australia (Port Curtis District Scouts)
Softball Gladstone Inc
Special Olympics
The Mindful Soul Room
Training for Warriors
Vibe Fitness Studios Gladstone.

Prizes and Giveaways:

Lucky Door Prize: 4 x \$250 vouchers to sporting/gym club membership
1 x ASN hamper
1 x six-week Pinnacle Fitness membership
100 x free granola bowls
100 x free GRC goodie bags.

Visit www.gladstone.qld.gov.au for more information on Gladstone Regional Council's Sport and Active Living Expo.

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