



## Media Release

### Get Active this April

Hindmarsh Shire Council is excited to be running several free activities throughout the month of April to promote an active lifestyle in conjunction with the Premier's Active April program. This program aims to encourage all Victorians to undertake 30 minutes of physical activity each day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.

Hindmarsh Shire Council Mayor, Cr Debra Nelson said "We are excited to provide members of the community with the opportunity to try Get into Cardio Tennis and Kubb. These activities are free and suit people of all abilities with no prior experience required." Continuing, Cr Nelson explained "Cardio Tennis is a new high energy fitness activity combining the best features of tennis with cardiovascular exercise while Kubb is suited to those looking for an activity that is a little more relaxed". Kubb originates from Sweden and requires participants to throw a wooden baton at wooden blocks known as 'Kubbs' in an effort to knock them down.

Cr Nelson added that "Council also have some fun physical activities planned as a part of the school holiday program for young people to get involved in during the upcoming April school holidays. We have put together a busy schedule that will be offered throughout the shire and we really hope that Shire residents will get involved and get active!"

Getting involved is easy, as a participant, you can log your daily activity on the Active April mobile or web app and chart your progress throughout the month. You can also create and join teams, track the progress of your team members and discover events and special offers that are available in the shire and throughout Victoria. All of the activities provided by Council will appear on the Active April app/website and on Council's Facebook page. For further information on how Premier's Active April works please visit: <https://www.activeapril.vic.gov.au/about/how-it-works/>.

For more information, please contact Michelle Farinha, Community Development Officer on 03 5391 4444 or email [mfarinha@hindmarsh.vic.gov.au](mailto:mfarinha@hindmarsh.vic.gov.au).

End.

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Activity</b>	<b>Cost</b>	<b>Ages</b>
Saturday 1 April	8.00am	<b>Nhill Lake</b>	Park Run	Free	All ages
Tuesday 4 April	2.30pm-3.15pm	<b>Rainbow</b> Recreation Reserve Football Oval	Cardio Tennis	Free – Please register online	All ages
Thursday 6 April	11.00am-11.45pm	Dimboola Recreational Reserve Football Oval	Cardio Tennis	Free – Please register online	All ages
Thursday 6 April	1pm-2.30pm	<b>Nhill</b> Memorial Community Centre	Hip-Hop Choreography Lesson	Free	<i>School Holiday Program</i> All ages
Saturday 8 April	8.00am	<b>Nhill Lake</b>	Park Run	Free	All ages
Monday 10 April	5.30pm-6.15pm	<b>Nhill</b> Lawn Tennis Club	Cardio Tennis	Free	All ages
Tuesday 11 April	5am-10pm	<b>Mt Gambier</b>	Paintballing	\$100.00	<i>School Holiday Program</i> 12+
Thursday 13 April	11.15am-12.00pm	<b>Jeparit</b> Recreational Reserve Football Oval	Cardio Tennis	Free	All ages
Thursday 13 April	1pm-2.30pm	<b>Jeparit</b> Town Hall	Hip-Hop Choreography Lesson	Free	<i>School Holiday Program</i> All ages
<b><u>KUBB will be coming to Dimboola, Jeparit, Nhill and Rainbow between 18-28 April. Please check Hindmarsh Shire Councils Facebook Page for further details coming soon.</u></b>					
*Participants MUST Register for Get into Cardio Tennis: <a href="http://www.getintocardiotennis.com.au">www.getintocardiotennis.com.au</a>					