

Free 'Come and Try' sessions for new outdoor exercise equipment

Equipment to be rolled out in multiple locations in the Tweed

A range of outdoor fitness equipment is set to be installed in parks across the Tweed, including Murwillumbah, Pottsville, Banora Point, Tweed Heads South and Tweed Heads.

The next equipment will be installed in Murwillumbah's Knox Park this month. This follows previous installations at Kingscliff and Tweed Heads.

Council's Acting Parks and Active Communities Manager, Murray Smith said the exercise pods were a free and social exercise option available to everyone, serving a diverse range of users and contributing to the overall health of the community.

"In Knox Park they will be nestled in a cluster of trees, so users can enjoy beautiful views of the park while exercising," Mr Smith said.

To launch the equipment, Council and Northern NSW Local Health District are offering four 'Come and Try' sessions. The sessions will begin on Saturday 16 November and will show residents how to effectively use the equipment. Sessions will be held at 8.30am to 10am each Saturday for four weeks.

"The programs will be free and will be run by a qualified exercise professional. Topics at each session will include exercising safely, warming up, how to use each piece of equipment, information on resistance training, core stability and balance," he said.

Each session is limited to 15 participants and bookings are required by calling (02) 6670 2530.

The state-of-the-art exercise pods are being installed in response to consultation with the community for the Open Space Strategy 2019-2029.

Knox Park was chosen as the best site in Murwillumbah due to its central location, beautiful setting and the number of people who walk, cycle and run through the park.

"Its location on an active pedestrian route provides opportunities to combine walking, cycling, running and strength training," Mr Smith said.

The project was funded by a grant from the NSW Government Premier & Cabinet.

To learn more about the Open Space Strategy 2019-2029 visit <https://www.yoursaytweed.com.au/openspace>

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