



Promoting Healthy Weight in Children

Parents and carers can now sign up to a free government-funded program which aims to increase activity and healthy eating for the whole family.

The new program called PEACH (Parenting, Eating and Activity for Child Health) is available to families with children 5-11 years who is above a healthy weight for their age and gender.

The program takes a family-focused approach by helping parents and carers make healthy eating and activity a part of every-day life.

To see more information and join the PEACH program click [here](#).



HEALTHY LIVING EXPO
25th - 28th September 2013

Come join us this school holidays for some fun and learn about what's on offer in our region to help you live life to the fullest... and it's all FREE

- Blood Glucose Tests
- Massage
- Sample Bags of Goodies
- Wii Fit Fun
- Fitness Workouts on the balcony
- Blood Pressure Tests

PLUS you can WIN GREAT PRIZES

Pick up an entry form from participating retailers and exhibitors or Check in on Facebook for a chance to win!

For a full program visit our website www.yeppooncentral.com.au or like us on Facebook www.facebook.com/yeppooncentral






KickStartCQ Facebook

Keep in touch with the KickStartCQ team and 'LIKE' our facebook page [here](#).

There's heaps of great local information to keep active and involved in the Community, as well as competitions and heaps more!

Check it out today!!!

2014 sports + health expo

Registrations now OPEN!!!

Registration Fees:

Sport & Recreation Clubs - \$10.00

Gyms & Health Service Providers - \$30.00

Businesses - \$60.00

Don't miss out on this great opportunity! For all the details click [here](#).



Upcoming Events...

September 25

[Walking and Outdoor Fitness](#)

9:15am (4936 8023)

[Bokwa Fitness](#)

6:00pm (0402 203 683)

[Bokwa CQ](#)

6:15pm (0400 483 285)

September 26

[Ladies Social Basketball](#)

10:00am (4922 5544)

[Yoga](#)

5:30pm (0402 591 931)

[Rocky Road Runners Meet](#)

5:30pm (0427 156 590)

September 26

[Outdoor Zumba Fitness](#)

5:30pm (0400 741 388)

[Bokwa CQ](#)

6:00pm (0400 483 285)

September 27

[Yoga-lates](#)

9:00am (sport@rrc.qld.gov.au)

[Zumba](#)

9:15am (0427 910 091)

[Beginner's Square Dancing](#)

7:00pm (0428 761 244)

September 28

*If you know of an event contact the
KickStartCQ Team at
sport@rrc.qld.gov.au*

September 29

[Social Ski Session](#)

10:00am (0431 530 055)

[Rocky Road Runners Series Race 5](#)

TBA (0409 633 154)

September 30

[Walking Group](#)

9:15am (07 4936 8023)

[Boccia Paralympic Sport](#)

10:00am (0407 088 893)

[Capricorn Coast Runner Meet](#)

5:30pm (4939 3898)

October 1

[Senior Citizens Indoor Bowls](#)

10:00am (4936 8550)

[Community Coach Training Program](#)

4:00pm (0427 700 918)

[Adult Learn to Tap](#)

6:30pm (4921 1948)

October 1

[Free Bridge Classes](#)

7:00pm (4928 6419)

October 2

[Walking and Outdoor Fitness](#)

9:15am (4936 8025)

[Bokwa Fitness](#)

6:00pm (0402 203 683)

[Bokwa CQ](#)

6:15pm (0400 483 285)

October 3

[Ladies Social Basketball Competition](#)

10:00am (4922 5544)

[Outdoor Zumba Fitness](#)

5:30pm (0400 741 388)

[Rocky Road Runners Meet](#)

5:30pm (0427 156 590)

October 3

[Yoga](#)

5:30pm (0402 591 931)

[Bokwa CQ](#)

6:00pm (0400 483 285)

If you have an event or program that you would like advertised through the KickStartCQ network please email all the details to sport@rrc.qld.gov.au.



Type 1 Diabetes Capricorn Connection Event

T1DCC would like to extend a warm invitation to all adults living with type 1 diabetes and their family to attend our next support group meeting in Rockhampton.

This month's special guest is Craig Allom, Optometrist from SpecSavers, discussing the following at the meet:

- Anatomy of the eye
- How diabetes can affect the eyes - including retinopathy and cataracts and the specific pathology behind the condition.
- The latest treatments available along with the latest research.
- What to expect from an examination at an optometrist and why early detection is important.

Click [here](#) for more information on the event and to register your interest.

Australia's largest multi-sport & exercise program for preschoolers presents

The Ready Steady Go Kids Holiday Program

ART GALLERY major ★ player music school ZUMBA kids

multi-sports, arts and craft

September 23, 24, 26 from 9am to 11:30am
Hegveld Stadium, Sir Raymond Huish Drive

Booking Essential, limited spaces available
Price: \$30 for 1 day, or \$75 for all three days
Includes sports, art or music, and a healthy morning tea

For more information or to book:
Call 0448 854 896 or email arthea@readysteadygokids.com.au

readysteadygokids.com.au

What's On at the Rockhampton Tennis Centre



Click [here](#) to check out what's happening at Tennis Rockhampton. With something different on every night (Monday -Friday) there is sure to be something for everyone.

WTF Women that Fish Barra Classic

Fitzroy River, Rockhampton 11 & 12th October 2013

To register your interest please contact either:

Belinda Lindel 0407 674 198 / belinda2425@hotmail.com
Shara VanHaeren 0420 923 143 / rvanhaeren@bigpond.com

Open to ladies 20yrs and over
This is a catch and release competition
WTF is affiliated with the Barra and Baastastic Club

Get the news out with KickStartCQ...

If you or your club has an news story that you would like advertised in the KickStartCQ Notice Board please email all the details to sport@rc.qld.gov.au



CQPhysio Spring Classic
Sunday 6th October - Yeppoon Main Beach from 6:30am

10KM (Sponsored by RAMSAY HOSPITALS, HILLCREST ROCKHAMPTON, RENEW HOSPITALS)

5KM WALK/RUN (Sponsored by medicare local CENTRAL QUEENSLAND)

HALF Marathon (Sponsored by SUBWAY, JDRF)

TUCKERS CYCLE INNY KIDS DASH (YOU COULD WIN ONE OF FOUR KIDS BIKES!)

Help HRE raise money for JDRF, our Official Charity Partner. Bulk corporate / group entries available, see www.hreoz.com

FREE SCODY singlets for the first 200 registrations in the 5K, 10K and Half Marathon. Register before 14 August 2013 to guarantee your size!

Feat. Pace Runners / Live Entertainment / Electronic Timing / Recovery Area / Prizegiving and much, much more!

REGISTER online TODAY at www.hreoz.com

Heart Foundation Walking

Heart Foundation Walking 2013 Photographic Competition

Capture the best of your Heart Foundation Walking group for your chance to WIN a \$50 Gift Card and be included in the Heart Foundation Walking 2014 Calendar.

The 2014 Calendar will celebrate the stories of Heart Foundation Walking groups across the country.

Images will be judged on creativity, uniqueness and how they celebrate Heart Foundation Walking messages – active outdoors, healthy living and community connections.

How to enter:

1. Complete the entry form at heartfoundation.org.au/walking
2. Email your entry form and image to walking@heartfoundation.org.au

Entries close 5pm AEST Thursday 31 October 2013

Good Sports is a community program of the **australian drug FOUNDATION**

CALLING ALL PARENTS: MAKE YOUR CLUB A GOOD SPORTS CLUB

TO SEE THE DIFFERENCE VISIT OUR WEBSITE

www.goodsports.com.au

goodSPORTS Healthy clubs. Strong communities.

[Community Coach Training Program](#)

If you are a student, club coach, teacher, parent, community member, volunteer, professional coach, beginner coach or athlete you can register for the Australian Government's Active After-school Communities FREE coaching course.

Prior coaching experience is not necessary, just a love and passion for delivering sport and other structured physical activity to children.

The Community Coach training program will provide you with the necessary skills and resources to deliver sport and other structured physical activity with the Playing for Life philosophy.

Click [here](#) for more information.



"Fitness for everyone"

www.rockyrun.com.au

RRR rockhampton road runners

Annual Pink Ribbon Run

Sunday November 3rd 2013
Rockhampton Kershaw Gardens
(Fraser Street Entrance - near monorail)

Running starts at 6.30am (all events)
All money raised supports the Pink Ribbon Foundation

Four GREAT events!
- 8KM - \$25.00 (timed) - 4KM - \$15.00 (timed)
- 2KM - \$10.00 (untimed) - FAMILY - \$40.00

"Bring some extra cash to purchase Pink Ribbon merchandise on the day."
1.6GB iPod Nano for the best Pink Ribbon costume kindly donated by **Mac Choice Rockhampton**

Register ONLINE!
<https://pinkribbonrockyroadrunners.eventbrite.com>
Limited Registration on the day - Race day registration will open at 5.45am and will close at 6.15am

NATIONAL BREAST CANCER FOUNDATION
COMMUNAL BELONGING FOR PREVENTION AND CARE

by 100
designed by
www.rockyrun.com.au

Our doors are open

2013 Surf Club Open Day

EMU PARK SURF CLUB

QUEENSLAND

SURF LIFE SAVING

Sunday 29 September, 2013 **10am - 1pm**

People think that Surf Life Saving is just about patrolling the beach. However, your local surf club plays a much bigger role in your local community than you might think. Get down to your local surf club on Sunday 29 September to be part of the Surf Club Open Day.

For further event info visit lifesaving.com.au/getinvolved

medibank Community Fund

Medibank Community Fund Grant

Application are now open for the 2014 round of the Medibank Community Fund Community Grants (MCFCG) which provide funding and support for locally-focused preventative health projects.

To find out the criteria and to complete an application please click [here](#) and follow the link to the KickStartCQ Website.

2 COUCH classic

charity BOOTCAMP