

GAME ON



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Being active is a fun lifesaver

By FRANCES WILKINSON

RICKY and Kerry Bremer, and even their dog Tara, have found their feet.

Sport Southland's Finding your Feet programme has helped 130 Southlanders get motivated to lead healthier lifestyles since it started in February, and that is exactly what Ricky and Kerry are doing.

The couple started the 12-week programme in April and between them have already lost 27 kilograms by going to the gym and having long walks around Queen's Park.

The programme costs \$10 to start and then \$2 per week and Kerry decided to give it a go after a blood pressure check.

"I felt like I needed to do

something where we could improve our health," Kerry says. "I didn't know what to expect [about the programme] but it's about changing your mind set, it got us motivated.

"It showed us different activities, like swimming and the gym. That wasn't me but it is now."

Ricky has type two diabetes, which he says is now under control and better managed because of the programme.

Sport Southland active lifestyles manager Yvette Hodges said the programme covered fitness, food and motivation, with a different activity every week helping people find an exercise that suited them. "We're trying to help people realise that being active can be fun and it doesn't have to be a chore."



Healthy living: Kerry Bremer and Ricky Bremer walking their dog Tara at Queen's Park after their successful completion of the Sport Southland Finding your Feet programme.