

# FEP Eco Gym

## ***Is it time to get active and engage with your community?***

TRC is helping to promote a variety of Change program options available for the community members and families. Now a new category, **Eco Gym** is available.

**Friends of the Escarpment Parks Inc.** (FEP) is an active volunteer landcare group that offers a great **Eco Gym** bush regeneration project in Toowoomba. Instead of traditional indoor gym programs FEP can provide simple, effective, environmental activity projects of one (or more) visits per week at local bushland parks. The FEP Eco Gym program aims to provide a group (up to 10 people) with a safe, interesting way to enhance their fitness and health while learning about the bush habitat and taking positive action to improve the bushland parks.

**What is Eco Gym?** Eco Gym is a fun, outdoor, nature-based, physical activity program that is designed to suit people with varying fitness levels and abilities. It is like participating in a park run with no running but still with plenty of other suitable activities to get your heart pumping.

Traditional fitness programs usually provide a range of physical indoor and/or outside running activities. Regular exercise has many benefits. It can improve your circulation and build energy levels so you can do more without becoming short of breath. An effective fitness program can strengthen your heart and cardiovascular system, increase your endurance ability and lower your blood pressure. It also improves muscle tone, strength, movement, flexibility and balance while helping to reduce stress so you tend to feel more relaxed after participating.

Unfortunately traditional fitness programs can be expensive and may not interest or suit everyone. **FEP Eco Gym** participants carry out bush regeneration activities each week. Instead of traditional expensive gym equipment and indoor sessions, we can provide simple, effective, outdoor activity projects each Wednesday morning

Participating in the **FEP Eco Gym** bush regeneration program will also provide a range of extra benefits. You can choose the activity types that are suited to your interests and abilities. The key to the success of this program is primarily to focus on the activities that you enjoy and also to include other activities for aerobic benefits if required. Participating will provide a great personal satisfaction especially when you can see and feel the results that you have achieved with each session.

### **9 Week Introduction Program of Eco Gym Sessions**

- Bushland Park: **Hartmann Bushland Reserve**
- Location: 4 Alderley Street, Rangeville, Toowoomba (Cnr. of Alderley & Rowbotham Streets)
- Dates: Wednesday 2<sup>nd</sup> May to 27<sup>th</sup> June 2018
- Times: Wednesdays, 9am to 11:30am
- Suitable for ages from 18 to 80
- Cost: \$10 per family (Booking required)
- **Eco Gym Intro and Sign Up Day:** will be held **Wednesday 18<sup>th</sup> April** from 9am at Hartmann Reserve. We can show you around the reserve and the equipment we use.

### **Advantages FEP Eco Gym Project Provides**

- This project is a win-win opportunity for yourself, your group and the environment.
- Along the way you will also be able to learn a little more about the environment, soil conditioning, native plants, environmental weed control, native animals, etc.
- Another great reward is the satisfaction of helping the environment and natural bushland habitat to thrive.
- As an option, you can also choose to broaden your horizon even further by visiting a variety of different bushland parks each with their own unique qualities and challenges. Working with different groups will bring you in contact with a range of interesting characters.
- If you decide to continue on as an active member with any of our 10 bushcare groups, you also get to experience firsthand how the bush changes with the seasons throughout the year.

Help yourself and the environment at your own pace. Eco Gym will be held at Hartmann Reserve Wednesday mornings starting at 9am. This location is flat ground, readily accessible with parking available and access to toilet facilities nearby.

**For more information, contact Greg Lukes (FEP) 0428 288 077**