



MEDIA RELEASE

Amanda Rishworth MP Federal Member for Kingston

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SOUTHERN ADELAIDE STEPS INTO SUMMER WITH HEALTHY HABITS

Residents in the South will step into summer with healthy habits thanks to new federally funded healthy eating and exercise programs aimed at combat obesity to be delivered in the local community.

Amanda Rishworth MP, Federal Member for Kingston congratulated the City of Onkaparinga Council on their **\$566 042** *Healthy Communities* grant that will deliver new programs to encourage and support the local community to adopt and sustain healthier lifestyles.

“We want to keep Australians healthy and out of hospital and programs like *Healthy Communities* make it easier for families looking to make a healthy change,” Ms Rishworth said.

Ms Rishworth said “Our local community here in Southern Adelaide will step confidently into summer with new healthy habits by getting involved in local walking groups, cycling to work or getting their hands dirty in a community garden.

“With over 60 per cent of adults and 25 per cent of kids either overweight or obese there’s never been a more important time to act and we know prevention works so we’re targeting this funding where it’s needed most.

“Making healthier choices doesn’t need to be difficult and these programs will provide families with practical advice to make sure school lunch boxes or summer dinners are tasty and healthy.”

Ms Rishworth said that this is just another example of the Gillard Government delivering services that support families.

The City of Onkaparinga Council will receive a grant of \$566, 042 as part of the third round of the Gillard Government’s \$72 million *Healthy Communities* Initiative.