

# WORK OUT LIKE A CELEB!

## WHERE EVERYONE IS FAMOUS!

**Where:**  
CS Square Shopping  
Centre, near the  
lake.

**By:**  
Caroline Springs  
Community Centre

**Time:**  
11:00am - 2:00pm  
31st OF February 2022

Have you ever wanted to meet your favourite celebrity?

Have you ever wanted to have fun and be active?

Well guess what now you can at workout like a celeb!

And everyone is welcome!



There will be live music and a scheduled lunch break where you can buy your favourite food from the surrounding local shops.

We have invited Australian celebrities like Chris Hemsworth to come down to Caroline Spring Shopping Centre to help you get outside, active and smiling! They will guide you through different exercises to get your heart pumping.

**How can this benefit you?**

It will improve your quality of life, mental health and physical wellbeing.

**How can this benefit my community?**

It will save your community money, you will be closer and happier and you will be supporting local business.

During coronavirus we were stuck inside and had a limit of physical activity. Let us help you get you back to where you were before Covid-19 and make you the happy and healthier individual you were born to be.

Let's all lend a helping hand!



Not only will you help yourself but the small business around Caroline Springs will benefit from you. They too found it hard in lockdown and a way we can help them is paying for their delicious food.

Results from the ABS 2011-12 National Health Survey show that 63% of Australians aged 18 years and over were either overweight or obese.

**LET'S  
CHANGE  
IT!!!**

Only around one in 10 Australians over the age of 50 exercises enough to gain any cardiovascular benefit.

1.7 times as likely to be obese as those without disability