



**BHS Staff Health and Fitness Program Presents the.....**  
**SPRING 2015**  
**STAFF HEALTH AND WELLNESS NEWSLETTER**

**CONTACT INFORMATION**

The Ballarat Health Services Staff Fitness Gym and Pool Program, located at the Queen Elizabeth Centre, is available for all staff and training partners.

Pool times are Mon 5.45pm and Wed 5pm, Gym times are now supervised from 5pm-7pm Mon -Thurs and unsupervised Mon-Fri 6am-8.30am, 5pm-8pm and Sat/Sun 8.30am-8pm.

**For more information contact Kate (Staff Fitness Coordinator) – [Staff.Fitness@bhs.org.au](mailto:Staff.Fitness@bhs.org.au)**



**Spartan Race – Saturday 12 September, Melbourne**

The Spartan Race is for everyone! A mission to get you active, healthy and excited about change! Choose from the Sprint, Beast or Ultra Beast events! There is even a kids race so the whole family can be involved!



**Spring into Shape – Sunday 27 September, Melbourne**

Spring into Shape with a spectacular 5 or 10km run through Melbourne  
 #strongerthanmyexcuses



**The Great Amazing Race – Saturday 10 October, Melbourne**

We guarantee you'll do more fun, diverse and crazy stuff in a single day than in any other event, while supporting a great cause



**Run Ballarat – Sunday 11 October, Ballarat**

Support the Children's Ward at Ballarat Base Hospital and register for RUN BALLARAT!!  
 12km, 6km or 1km kids run available



**Tough Mudder Melbourne – Saturday 17-18 October, Broadford**

Tough Mudder is an obstacle course like none other. Held in Broadford near Melbourne in October. You will join over 2 million participants who compete in 8 countries



**Melbourne Marathon – Sunday 18 October, Melbourne**

This event has events for every fitness level. Compete in the full marathon, ½ marathon, 10km run, 5.7km run or the 3km walk and enjoy running through Melbourne's CBD



**QUIT4October - Month of October**

Month-long initiative, dedicated to helping people to quit smoking with the support of their healthcare professional.

#QUIT4October #QUIT4Ballarat #QUIT4myfamily



**Group Fitness Class – Starting 20 October, Queen Elizabeth Centre**

New 8 week block starting 20<sup>th</sup> of October. Email [staff.fitness@bhs.org.au](mailto:staff.fitness@bhs.org.au) to book your spot!



**Ballarat Twilight 5km Fun Run – Friday 13 November, Ballarat**

The Ballarat 5km Twilight Fun Run starts in the IRONMAN finish chute, a red carpet experience for all! The run takes in many aspects of the IRONMAN 70.3 and starts at 6.30pm.

A great way to spend a Spring evening



**City 2 Sea – Sunday 15 November, Melbourne**

Choose to do the 15km or 5km course that runs from Melbourne CBD to St Kilda



**Eureka Climb – Sunday 15 November, Melbourne**

At 88 levels, 1642 steps...Australia's biggest vertical race returns to Eureka Tower!



**The Stampede Melbourne – Saturday 28 November, Melbourne**

The Stampede is Australia's leading obstacle course event series. Run through a 5km or 10km course of mud and obstacles. This is not a race, it is a course to test yourself. Help others and have a laugh with your mates



**Ballarat Ironman – Sunday 13 December, Ballarat**

1.9km Swim, 90km bike ride and 21.1km run. This world event returns to Ballarat for another year! Hopefully the weather will be warmer this year

**PLEASE CLICK ON THE PICTURES FOR LINKS TO EVENT WEBSITES**