



BHS Staff Health and Fitness Program Presents.....
STAFF HEALTH AND WELLNESS NEWSLETTER
AUTUMN 2015

PLEASE CLICK ON THE PICTURES FOR MORE INFORMATION ABOUT EVENTS

Contact Information

The BHS Staff Fitness Gym and Pool Program is located at the Queen Elizabeth Centre and 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) - stafffitnesscoordinator@bhs.org.au

Rainbow Run – Sunday 29 March, Ballarat



You are the blank canvas, your own Rainbow coloured masterpiece at the end of the run!
Victoria Park, Ballarat.



That Sugar Film - Monday 30 March, Ballarat

This film highlights one man's journey to discover the truth about sugar
6.45pm Regent Cinemas Ballarat.



Active April – Month of April

FREEBIES.....10 free passes to participating YMCAs, 15% off Sportsmart in store and online,
1 hr free court hire at Melbourne Park, 2 for 1 ticket to SEA LIFE Melbourne Aquarium,
Great prizes to win!



Stawell Gift – 3-6 April

A whole family event! 3 days of racing in a true carnival atmosphere with plenty of action off
the track too, including fashions on the field, childrens entertainment and much more!



Oxfam Trailwalker – 10-12 April, Melbourne

100km of bush trail within 48 hours. It's not a relay, your team has to start together,
stick together and finish together.



Fitness and Health Expo – 10-12 April, Melbourne

Want to know the latest in fitness and health? This is the event for you! Expo includes healthy
chef demonstrations, celebrity and expert training zone, Les Mills stage and lots more.



Geelong Half Marathon – Sunday 12 April

21.1km run, can be completed as an individual or as a team of 3!



Miss Muddy Melbourne – Sunday 12 April

Women only mud run! Obstacle and mud festival with a course of 5km. Includes mud, colour,
climbing, slipping, sliding and lots of laughter.



MS Melbourne Cycle – Sunday 19 April

Why not get on your bike with friends or family and explore Melbourne, while showing your
support for people living with Multiple Sclerosis. Choose a 50km or 30km course!



Electric Run – Saturday 2 May, Melbourne

Run, walk or dance through a 5km run, where music will pump and lights will dance creating
an electric wonderland that will keep you energized and moving to the beat.



Ballarat Autumn Day Ride – Sunday 3 May

Ride your bike around the small country towns surrounding Ballarat and enjoy a lovely
Autumn day!



Puffing Billy Great Train Race – Sunday 3 May, Belgrave

13.5km race that isn't simply a race amongst the competitors – it's an exciting challenge
competing against the steam locomotive, Puffing Billy!



Mother's Day Classic – Sunday 10 May, Melbourne

One in eight Australian women will be diagnosed with breast cancer in their lifetime, support
the National Breast Cancer Foundation's research program and complete a 4km or 8km walk
or run around the Tan Track, Royal Botanical Gardens, Melbourne.



Great Ocean Road Marathon – 16-17 May, Lorne – Apollo Bay

Compete in a 44km, 23km, 14km, 6km or kids 1.5km run along the Great Ocean Road!



Run the Gap – Sunday 24 May, Halls Gap

Take in the majestic Grampians National Park, one of Victoria's most stunning natural
features and join in a 6km walk/run, 12km run or 21km trail run!



MS Walk and Run – Sunday 31 May, Melbourne

Support Australians living with Multiple Sclerosis and join in on a 5km or 10km walk/run
around Albert Park Lake.