



**QUESTION: WHO IS THE NEW GYM ON THE BLOCK?**

**ANSWER: BEACH HOUSE FITNESS CENTRE HOBART**

Located in the heart of the city at 74-78 Elizabeth Street Hobart, we are a first class Fitness Centre. We offer the latest and best gymnasium equipment, fantastic group fitness classes, friendly staff, ladies only section and a whole lot more.

**QUESTION: WHAT CAN BEACH HOUSE OFFER CPSU MEMBERS?**

**ANSWER: \*\$1.50 A DAY MEMBERSHIPS WITH NO JOINING FEES!!!**

We are open 7 days a week and our group fitness classes are free - including Pilates! We will also be offering group challenges within the club to generate more team spirit.

**QUESTION: HOW DO CPSU MEMBERS GET THIS GREAT DISCOUNT?**

**ANSWER: RING (03) 6231 6547 NOW**

Make an appointment with Jo or Megan and bring along your CPSU member card to receive this great special.

**QUESTION: WHY SHOULD TODAY BE THE DAY YOU SIGN UP AT BEACH HOUSE?**

**FACTS: THANKS TO THE WORLD HEALTH ORGANISATION...**

- Physical inactivity is estimated to cause, globally, about 10-16% of cases each of breast cancer, colon and rectal cancers and diabetes mellitus, and about 22% of ischaemic heart disease. Overall, 1.9 million deaths are attributable to physical inactivity.
- WHO further projects that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million will be obese.

**HOW CAN THE BURDEN OF OVERWEIGHT AND OBESITY BE REDUCED?**

- **Increase physical activity - at least 30 minutes of regular, moderate-intensity activity on most days of the week.** More activity may be required for weight control.
- Achieve energy balance and a healthy weight;
- Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats;
- Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts;
- Limit the intake of sugars.

**SO DON'T DELAY, CALL US TODAY – HELP US HELP CPSU BECOME THE FITTEST, HEALTHIEST AND STRONGEST GROUP OF INDIVIDUALS IN HOBART!!!**