

# Media Release

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29 January 2019

## Get fit and healthy in Camden

Improving health and getting fit will be one step easier for residents with Council to host the first Healthy Living Expo in Camden next month.

The Healthy Living Expo will run in conjunction with Camden's first Sanitarium Weet-Bix Kids TRYathlon on Sunday 24 February.

Mayor of Camden, Cr Peter Sidgreaves said residents have the opportunity to find out about activities which they can participate in the local community.

"Living healthy and happy lives is of great importance to the entire community and this a great chance for residents to meet members of their local sporting groups, community groups and fitness providers," Cr Sidgreaves said.

"The Expo will also provide participants and spectators of the Sanitarium Weet-Bix Kids TRYathlon the opportunity to learn more about the variety of sports and recreational opportunities available in the Camden Local Government Area."

The TRYathlon is now in its 21<sup>st</sup> year and is designed for kids ages seven to 15, no matter their sporting abilities or experience with every participant to receive a medallion as they cross the finish line.

The event includes a swim at Camden War Memorial Pool, cycle through parts of Camden Town Centre and run at Onslow Oval.

Registrations for the Sanitarium Weet-Bix Kids TRYathlon remain open. For more information and to register go to [www.tryathlon.com.au](http://www.tryathlon.com.au).

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