

# Free gym opens in Woodridge

16th Jul 2016 7:18 AM



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FREE GYM: Logan has a new free outdoor gym at Logan Gardens Park.

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THERE'S is no excuse not to get active with the opening of a free gym in Logan Central last week.

A new study released by Real Insurance revealed over a quarter of Australians blame a lack of time for not getting the recommended 30 minutes of daily exercise, while almost one in six admit they don't exercise at all.

The insurance company took matters into their own hands, launching its first free outdoor gym.

The initiative, called realSpaces, will bring state-of-the-art gym equipment to specially selected communities across Australia with the aim of making exercise more accessible.

Real Insurance spokesperson Tatiana Day said the realSpaces outdoor gyms project was the first of its kind for Australia.

"We're really excited to launch this fantastic community initiative," she said.

"Our research found that over three in five Australians wish they were more active with their families and we believe this initiative will help to provide safe, fun training zones for everyone.

"The benefits of outdoor exercise are becoming increasingly known, in fact, it has been proven to boost overall feelings of vitality, enthusiasm and

well-being.

"The same study also found simply spending more time outside has been shown to prevent increases in obesity among children, which is a great reason to encourage the whole family to get out and get active together."

Leading Healthy Lifestyle Expert and Exercise Physiologist Dr Bill Sukala said there were mental as well as physical benefits to exercising outdoors.

"The advantages of outdoor exercise can be far reaching, from boosted energy and cognitive performance to reduced stress and overall well-being," Dr Sukala said.

"Not only that, but outdoor exercise is fun which increases the likelihood of sticking with it over the long-term."

The free outdoor gym equipment is likely to be welcomed by those who struggle to fork out the \$1196 average annual gym membership fee, and will provide people in the community with a unique and convenient way to stay active without the cost.

The gym is located in Logan Gardens, off Jacaranda Ave.