

# SCIENCE ON THE RUN

Martha Lourey-Bird is passionate about fitness. Tamara Russo tries to keep up.

**M**artha Lourey-Bird admits she feels very spoilt living on the Northern Beaches and having the choice to be active. As an exercise scientist and family fitness expert, the mum of two from Curl Curl feels very passionate about the health benefits of exercise for the whole family.

A university lecturer at the University of NSW and a fitness editor of *Weight Watchers* magazine, Martha uses her extensive knowledge to cater to all fitness needs. Through her busy schedule she volunteers her time to preach about the importance of exercise to local schools, preschools and community groups, along with hosting parent information evenings.

"Active parents are twice as likely to have active kids," says Martha.

Martha believes strongly in the benefits of exercise for the whole family, whether they are toddlers, teens or retirees.

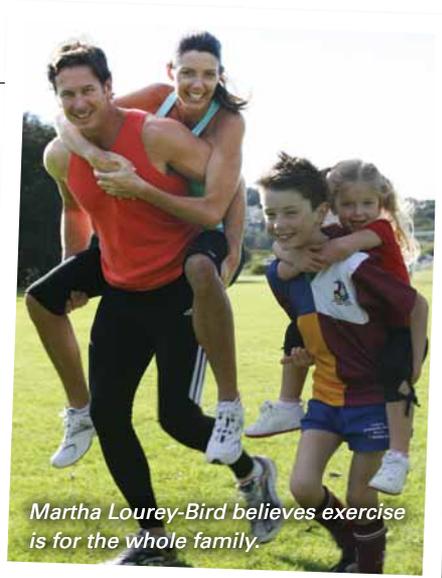
"I'm about giving handy hints about exercise for all members of the family," says Martha. "Young people may be interested in getting a six pack and other aesthetic achievements, while seniors are interested in independence, longevity and a holistic approach to health."

Each year Martha likes to use her passion for exercise to give back by training and participating in a charity event.

"This year I participated in the Mother's Day Classic fun run and walk, which raised money for breast cancer; I feel it gives a purpose for my training."

With the increasing rates of obesity in Australia, Martha believes Northern Beaches residents have the advantage of being able to live a more active lifestyle with their access to a green environment.

"No matter what time it is, there are always people out there being active. This is the best inspiration," she says.



Martha Lourey-Bird believes exercise is for the whole family.

"I encourage residents to not use their car when going less than two kilometres and instead choose to walk or cycle."

From personal experience, Martha understands the conflict of being a working mum and finding the time to exercise. Through her volunteering Martha hopes to help transform exercise as a chore to something that is fun to do.

"It's about changing the mind set, so mums can find 'me time' while exercising." **P**

8TH ANNUAL  
**SEAFORTH  
ART SHOW & SALE**

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**EVENTS**

Gala Arts Dinner  
at Wakehurst Golf Club on Tuesday  
17 August, 2010 at 7pm ~ \$55

**OPENING NIGHT PARTY**  
at Balgowlah Boys High School  
Friday 27 August, 2010 at 7pm ~ \$20

**BLACK TIE DEGUSTATION DINNER**  
(with Kingsley Looker on piano)  
at Balgowlah Boys High School  
Saturday 28 August 2010  
at 7pm ~ \$60

**ART SHOW AND SALE**  
includes music performances  
by local schools

Saturday 28 August 2010  
9am-4pm ~ Free entry

Sunday 29 August 2010  
10am-3pm ~ Free entry

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