



Media release

3 June, 2008

FBA bowls into global fitness program

There were plenty of strikes, and gutter-balls, as staff of the Fitzroy Basin Association Inc. (FBA) launched into a corporate fitness program last week.

FBA held a bowling afternoon to officially launch their involvement in the Global Corporate Challenge, a health and wellbeing initiative for businesses worldwide.

Business Manager (and social coordinator) Paul Birch said FBA had entered five teams of seven people in the challenge, which involves staff wearing pedometers and recording how much they walk each day for 125 days.

"FBA wants our staff to be healthy and happy, and participating in this challenge is a fun and easy way for people to improve their fitness," Mr Birch said.

"More than 49,300 individuals from more than 1000 companies are taking part in the challenge this year, and FBA is proud to be one of them.

"The idea is to challenge yourself to become more active and achieve personal fitness goals, but there's also some healthy competition between teams."

That competitive streak came out during the bowling launch event with staff striving to outdo each other on the lanes. Prizes were awarded for the highest team score, and the top scoring male and female staff members.

More information on the Global Corporate Challenge can be found at www.gcc2008.com.

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