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PALMVIEW RESIDENTS CHALLENGED TO CREATE HEALTHY HABITS IN 2023

Palmview residents have a compelling new reason to get out and enjoy the Sunshine Coast weather following the launch this week of a new six-week Fitness Transformation Challenge in Harmony by AVID Property Group (AVID) – offering the ultimate healthy lifestyle reboot.

The “*new year, new me*” fitness frenzy has motivated a large group of Harmony residents to sign up for the challenge hosted by local training business, Full Body Fitness.

In addition to achieving their health and fitness goals, participants also have the chance to win more than \$800 in cash prizes.

Fitness enthusiast and co-owner of Full Body Fitness Julie Dunford said the start of a new year was the perfect time to make a lifestyle change and develop healthy new habits.

“We designed the challenge to foster growth, camaraderie, accountability, and support – and to be a rewarding and great experience for like-minded people,” Ms Dunford said.

“My passion for creating a positive change in people’s lives fuelled my decision to launch the Full Body Fitness program seven years ago and ever since I’ve enjoyed watching members accomplish their goals and celebrate success together as a group,” she said.

“Over the coming weeks, we have planned a variety of fun and energetic full body workouts as well as weekly ‘check ins’ – it’s the best way to keep our clients motivated and engaged.”

AVID General Manager Queensland Bruce Harper said the fitness challenge was a great way for Harmony residents to get to know each other while boosting their social and physical wellbeing as a community.

“Full Body Fitness has been running regular weekly fitness classes in the community for the past year, earning them a loyal following of Harmony residents.

“We hope the challenge will encourage even more residents to get outdoors and take advantage of this award-winning community’s beautiful parklands.

“I anticipate residents will not only adopt healthier habits as a result of the challenge but will also form new social connections and friendships with their neighbours, whether they live just down the road or several streets away,” he said.

“Harmony’s vision of fostering a welcoming neighbourhood culture is underpinned by social events like this challenge as well as Harmony’s regular games night, its signature Long Table Dinner and the annual Christmas Lights competition.”

The six-week Transformation Challenge will culminate in a celebration and awards night where the winners will be announced. Winners will be determined by their weight loss results and attendance at training. First prize is \$500, second prize \$250 and third prize \$100.

The challenge is only open to Harmony residents. It includes three bootcamp sessions each week, dietitian-approved recipes, training merchandise, body composition scans and online results tracking.

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About Harmony by AVID Property Group

AVID Property Group's \$3 billion project – Harmony – is strategically located in the heart of the Sunshine Coast and is the largest masterplanned community underway in the Palmview area. Set on 378 hectares, Harmony will deliver more than 4,800 homes for 12,000 future residents, catering to a wide range of buyers – all enhanced by 130 hectares of open space and the future delivery of a more than 30,000 GFA Town Centre. More than 9,000 short-term jobs will be generated through the delivery of the project.

Harmony's design embraces the Sunshine Coast's enviable lifestyle and living at Harmony means it's easy to get around. Harmony is conveniently connected to the Bruce Highway and the Sunshine Coast Motorway, and Mooloolaba is 10km and Maroochydore 14km to the north, the coastline is only 7km to the east, Brisbane is 90km to the south, and the Sunshine Coast hinterland is only 20kms to the west.

For more information, visit www.harmonyliving.com.au.

About AVID Property Group

AVID Property Group (AVID) is an award-winning Australian builder-developer responsible for a diversified selection of residential communities in key growth areas across Australia's eastern seaboard.

AVID is a developer of master planned communities, completed homes and apartments, and has delivered \$3.8billion worth of projects over the past 14 years. It has a gross revenue pipeline of \$3.5billion.

Combined with its builder Villaworld Homes by AVID Property Group, the business has a 35-year legacy, which has seen the delivery of homes to more than 45,000 Australian families.

Led by highly experienced senior management, AVID brings people together to deliver exceptional communities, valuable shareholder returns and thriving environments for its customers.

For more information, visit www.avid.com.au.

For further information, please contact: BBS Communications Group:

Georgia Trainor
Consultant
gtrainor@bbscommunications.com.au
0400 125 292 | 07 3221 6711

Verity Dwan
Senior Consultant
vdwan@bbscommunications.com.au
0423 489 300 | 07 3221 6711