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Parks and open spaces lead the way to a healthier lifestyle

Homebuyers are being drawn to masterplanned communities, where parks are only a stone's throw away, with the availability of green spaces linked to better physical health and positive mental health outcomes for residents¹.

This research comes as leading builder-developer AVID Property Group (AVID) continues to maximise the overall percentage of green and open space in its masterplanned communities, like Harmony on the Sunshine Coast, where every resident lives within walking distance, 250 metres of a park.

Knowing the benefits of an active lifestyle, fitness coach and new Harmony resident Julie Dunford recently purchased a home in the multi-award-winning residential community.

"Having run fitness classes in the area, including at Harmony, I knew about the array of parks, events and new homes the community had to offer, and we were surprised to see the value for money we could get in terms of home size and community amenity, compared to some neighbouring established communities," Mrs Dunford said.

"I've now been running outdoor fitness groups through my business Full Body Fitness on the Sunshine Coast for eight years, and when one of my trainers moved to Harmony, we got in touch with the AVID team to launch a program.

"The more I got to know the Harmony community and started speaking with locals through my work, the more the beautiful parks, new homes and active lifestyle appealed to us.

"The fitness community is one of our favourite parts of living in Harmony because of the social events and challenges we run where we connect with members outside of training and see friendships and relationships form."

Prioritising outdoor community spaces that support an active lifestyle and community connection has been critical to the success of Harmony, with parks and vegetated areas making up 40 per cent of the community – which is equivalent to 174 football fields.

AVID General Manager Queensland Anthony Demiris said Harmony attracted a wide variety of existing locals due to its design, proximity to amenities and commitment to fostering neighbourly connections for its residents.

"At Harmony, all of our residents can easily access one of our nine unique parks, soon to be ten with the upcoming opening of our new Linear Park, to encourage them to enjoy an active lifestyle and ensure everyone has access to these amenities," Mr Demiris said.

"The combination of parks into one long linear space provides a visual and physical connecting 'green spine' through the development that delivers a range of passive and active spaces, making our Harmony linear parks unique.

"AVID is committed to providing exceptional community infrastructure through the delivery of essential roads, green spaces and community amenities so our residents have everything they need to live a happy and active life right on their doorstep."

Harmony's Newest Linear Park, designed to consolidate four one-hectare local parks, will be opening next month, featuring two substantial playgrounds, picnic shelters and gym equipment with meandering walking trails and open green spaces.

**We bring
people
together.**

A “Family Fit Festival” is planned to celebrate the grand opening event for residents and the wider community on Saturday 13 July 2024.

To find out more about upcoming land releases in Harmony’s *Serenity* neighbourhood, interested buyers can register at www.harmony.avid.com.au.

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References

1: [SGS Cities & Regions Wellbeing Index](#)

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 13,000 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 masterplanned communities, land lease communities, completed houses and apartments, with 45 developments, located in key growth areas across Australia’s eastern seaboard.

AVID has a proven track record with the delivery of \$4.2 billion worth of projects over the past 17 years. AVID’s current portfolio has a gross revenue pipeline of \$5 billion.

With a strong record of delivering connected and vibrant communities, AVID and its subsidiaries have created great homes and places for more than 75,000 Australians to live out their dream lifestyle.

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.

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