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Greenbank Community reaps the benefits of time spent in nature

A Greenbank community's investment in lifestyle activities and resident facilities reflects a values shift among local homebuyers seeking the wellbeing benefits of living near greenspaces¹.

Residential community Covella by AVID Property Group (AVID) and Greenfields Development Company (Greenfields) has recently drawn multiple buyers attracted to its fitness and wellbeing-focused parks, walking trails and community network.

Fitness coach and Covella resident Samantha Pretorius was drawn to Covella two years ago by the exercise facilities and outdoor areas woven throughout the community that make it easy for residents to incorporate healthy habits into their day-to-day life.

"I've found so much peace in walking around our estate. The route is well-planned, with quiet, tranquil spaces and parks that are perfect for relaxation," Ms Pretorius said.

"The fitness park is right around the corner, making it easy for everyone to enjoy a healthy lifestyle within walking distance."

In 2025, Ms Pretorius will lead her neighbours through her inclusive and easily modifiable Covella Residents Fitness Program three times a week at the Open-Air Gym in Covella's centre.

"Running the Covella fitness sessions has been an incredible journey for me as a personal trainer," Ms Pretorius said.

"It's not just about fitness—it's about the sense of community we've built together, and I feel so grateful to be part of something that brings people together."

To celebrate another year of healthy outdoor living at Covella, the community recently gathered for acai bowls, ice baths, and yoga after one of Ms Pretorius' 'Fresh&Fit' bootcamp sessions.

The Covella community's enthusiastic participation in the fitness program and other initiatives that bring neighbours together reflects an uptick among the new generation of first-home buyers seeking both a home and the benefits of social interaction, connection and greenspaces².

Chairman of the joint venture with Greenfields, AVID Executive General Manager Bruce Harper said the considered layout of the Covella community was designed with mental and physical health benefits for residents in mind.

"We know that where you live impacts the way you live—at Covella more than a third of the project is dedicated to parks and greenspaces, making it easy for residents to incorporate time spent outdoors into their day-to-day routine and reap the rewards of a balanced lifestyle," Mr Harper said.

"With several parks across the estate, walking trails throughout and access to local natural sites like Lavelle Lagoon, residents have their pick of different ways to stay active, ensuring everyone can easily implement healthy habits that make a significant benefit to their lives.

"Covella's location within an abundantly green area reflects its intention to encourage time spent among the community's natural surrounds, which is why so many community events, fitness sessions and children's groups are held local parks rather than indoors."

To introduce healthy habits to residents from a young age, Covella also recently partnered with the State Library of Queensland and First 5 Forever literacy program to create the Covella Discovery Trail, an interactive walk throughout Covella's parks and playgrounds with interactive educational activities at each stop.

The community's partnership with the First 5 Forever team has also delivered a monthly Story Time, bringing parents and young children at Covella together for a morning of learning and outdoor educational play.

"By promoting an active lifestyle and giving residents the opportunity to spend quality time outdoors with family and the broader community, we can help build a lasting positive relationship between Covella's community members and the natural environment," Mr Harper said.

To find out more about upcoming releases in Covella's newest neighbourhood, *The Fields*, which offers exclusive access to greenspaces, interested buyers can register here:

covella.avid.com.au/#register-form

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References

1: Zhang, J. et al. (2020) *Links between green space and public health: a bibliometric review of global research trends and future prospects from 1901 to 2019*. Available at:

<https://iopscience.iop.org/article/10.1088/1748-9326/ab7f64>

2: Spring, L. (2025) *What homebuyers want: How different generations are shaping the market*, *Property Update*. Available at:

<https://propertyupdate.com.au/what-homebuyers-want-how-different-generations-are-shaping-the-market/>

About Covella by AVID Property Group and Greenfields Development Company

Covella by AVID Property Group and Greenfields Development Company is a growing residential community located in Greenbank, Logan within the rapidly expanding Queensland southwest growth corridor.

The 1,566-block community is conveniently situated near Pub Lane's Greenbank Shopping Centre, Browns Plains Grand Plaza and is just 12 minutes from Orion Springfield Central. Covella is within walking distance to public transport as well as a several quality schools. Situated among 50 hectares of green bushland, Covella has become a place to live for families at all different stages in life, connected by lush green spaces and natural surrounds.

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

About AVID Property Group

AVID Property Group (AVID) is an award-winning Australian 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.

About Greenfields Development Company

Greenfields Development Company is a family-owned company based in Southwest Sydney. Greenfields is developing Oran Park Town, the fastest growing town in NSW. Oran Park Town is estimated to complete in the early 2040's. Meanwhile every year the Town continues to progress, turning into a vibrant, interconnected, and walkable town that offers a range of living choices and new opportunities to suit different lifestyles. Greenfields Development Company has an award-winning team, whose heart goes into delivering every project, which keeps the community always looking forward to something new.

For further information, please contact:

BBS Communications Group:

Ella Newsome

Consultant

enewsome@bbscommunications.com.au

04084 626 432 | 07 3221 6711

Meaghan Reynolds-Lightfoot

Account Leader

mreynoldslightfoot@bbscommunications.com.au

0417 074 954 | 07 3221 6711