



Sunraysia Health & Fitness Challenge

SRS along with Fit Mildura, Health on Eighth and SumoSalad Cafe are proud to present the very first 2010 Sunraysia Health & Fitness Challenge, aiming to help people of Sunraysia lose weight, improve their health and raise money for charity.

The challenge lasted for 12 weeks, giving the 10 chosen challengers personal training, group fitness sessions, nutrition advice and food diaries, beginning on Monday, February 1st and wrapping up on Friday, April 23rd. Funds raised from the challenge go towards the SRS Sensory Room project, which on completion will provide an invaluable source of therapy and relief for people with sensory processing disorders.



Total Weight Lost: 114.2kg
Total Funds Raised: \$32,000+

What a fantastic fundraiser this has been for SRS, and what a fantastic group of participants we have had in this, the first Sunraysia Health & Fitness Challenge.

The transformation in all the participants has been simply amazing to watch and congratulations to them all for putting themselves out there for all of Sunraysia to see in the [Sunraysia Daily](#) each week. The benefits to the participants cannot only be measured on weight loss alone as some of their doctors have reported huge improvements in their overall health and well-being resulting from their involvement in this Challenge.

The funds which was in excess of \$32,000 raised from the Health & Fitness Challenge will go towards a [Sensory room](#) to be built at the SRS Respite House and will be of enormous benefit to the many people who access this house as it is fully booked throughout the year. The [Respite House](#) is the only one in the Sunraysia region and provides invaluable respite and support to families throughout the area.

A sensory room is a room that offers people with disabilities the opportunity to touch, feel, control, communicate, and thus sense things that others take for granted. Some of the benefits of a sensory room can include the development of reaction to the five senses, increased motor skills, relaxation, opportunity for human touch, and increased communication. So as you can now see, the funds raised will go towards a great cause and this event would not have happened without the fantastic support of our major supporters, - Mark Thornton at [Sumo Salad](#), Hayley Wilson at [Health on Eighth](#) and Beck Hockin at [FIT Mildura](#). Your support is very much appreciated along with the great media.

The Results

Jeanette	Lost: 12kg	Major Sponsor: Sunraysia Daily
Greg	Lost: 12kg	Major Sponsor: Stuart & Harrison
Peta	Lost: 11.1kg	Major Sponsor: SRS Inc.
Josh	Lost: 12.8kg	Major Sponsor: Madec
Jill	Lost: 12kg	Major Sponsor: Klemms Newsagency
Damien	Lost: 10.8kg	Major Sponsor: Spanish Bar & Grill
Sharon	Lost: 13.4kg	Major Sponsor: Mildura Sports
Glenn	Lost: 11.6kg	Major Sponsor: Tankard Dental
Kim	Lost: 10.3kg	Major Sponsor: Bysouth Garage, AD Williams Industries
Jamie	Lost: 10kg	Major Sponsor: Pickering Transport

Providing individualised support for people with disabilities & their families since 1976.

Not for Profit Organisation | **Merit - 2010**
Unique Accomodation | **Merit - 2010**
Not for Profit Organisation | **Winner - 2008**
Not for Profit Organisation | **Merit - 2006**
Outstanding Contribution by an Individual | **Winner - 2006**
Not for Profit Organisation | **Winner - 2005**
Good Access is Good Business | **Winner - 2004**
Professional Service | **Merit - 2004**



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