

Day of inspiration

Sharon Evans will again be holding The World's Biggest Pilates Day on Sunday, May 7 at Manly Beach.



BRING the family to Manly Beach on Sunday, May 7 and participate in a fun, healthy activity while helping to raise money for a vital children's charity.

Northern beaches personality and pilates instructor Sharon Evans will again hold The World's Biggest Pilates Day on the back of a successful event last year.

This year money raised from

the event will be donated to Variety - the children's charity and will also carry a special message regarding children's health.

Last year hundreds of people participated in the event which helped to spread the message about living an active life.

"This year is more aimed children," Sharon said.

"Helping them to educate themselves, realise they can make an early difference by

active participation. And we all know the work Variety does for children. It's a two-fold statement that we are proud of."

Sharon, a 37-year-old mother-of-two and wife of Fox Sports television personality Neil Evans, has been inspired to continue to spread the message of the importance of exercise since seeing a friend lose a child through ill health and seeing another beat heart disease with a new physi-



cally-based attitude to life.

"Many people, organisations and Manly Council have been so supportive. Now I want to see thousands of people on the sand exercising the pilates way," Sharon said.

"Showing they care, making their own little statement about how a physically-conscientious approach to life can help."

A number of well-known peninsula identities, including Socceroos assistant coach Graham Arnold and Test cricketer Nathan Bracken, will be part of the day, while Sharon will take the mass crowd through a one-hour low-impact pilates class with a difference.

Participants can arrive from 8.30am. Tickets are \$12 for individuals or \$25 for families. Each ticket comes with a memento of the day.