

Healthy bodies, wallets and hearts

MANLY beach is often crowded with bodies and that will certainly be the case at the end of this month when around 1000 people take part in a huge Pilates class.

Peninsula Pilates and fitness expert Sharon Evans (pictured), of North Balgowlah, is hosting the "world's biggest Pilates class" on Sunday, August 28, on the beach opposite The Corso.

She hopes to get up to 1000 people of all ages gathered together to take a Pilates class as a fundraiser for the Heart Foundation.

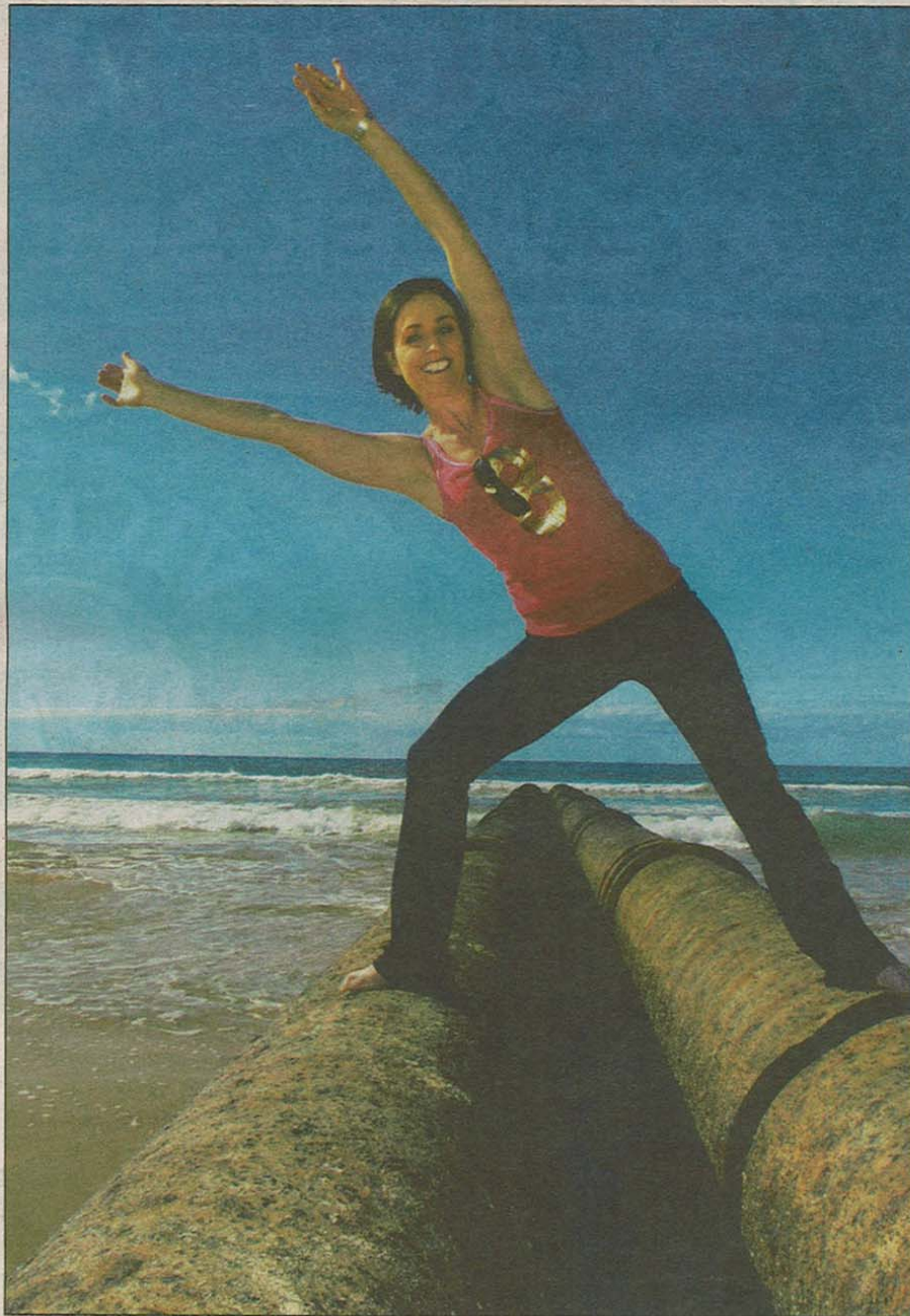
"It a family day - it's for everybody, the mums and dads and anyone," Mrs Evans said.

She said heart disease was something that touched everyone and that fitness was an integral part of helping keep hearts healthy.

A large stage and sound system will be erected and there will be guests before and after the class.

Mrs Evans is doing a major pre-event registration at Rebel Sport, Warringah Mall, on Friday, August 12, from 10am to noon with soccer star Robbie Slater, Sea Eagles players and Fox Sports presenters.

Details: 9907 7145.



Everybody needs good neighbours

BELINDA LAWTON
council reporter

A LACK of community in the new Warriewood Valley housing estates has prompted Pittwater Council to co-ordinate a "street 'n' greet" day.

Three cul-de-sacs and a park will be blocked off for two hours to allow for sausage sizzles, a bring-a-plate function or street games, depending on resident preferences.

Mayor Lynne Czinzer told Monday night's community services committee meeting that even before the housing development, Warriewood had lacked a sense of community because it was centred on Warriewood Rd.

"There certainly is a feeling of isolation if there's not something thrust on you that makes you get out and meet your neighbours," Cr Czinzer said.

"I've watched Warriewood being built and people moving in. The people who know each other

are the ones who walk their dogs or walk their babies."

Cr Julie Hegarty said it was sad that the council should have to organise what communities used to do themselves.

"It is kind of sad that it needs a government body to say: let's have a barbecue and be friends," Cr Hegarty said. "But if that's the case, then let's get to it."

Even before the pilot project begins, Cr Natalie Stevens pushed for the scheme to be widened into other areas of Pittwater, citing the perceived emphasis on whether you were born and bred in Pittwater as an isolating factor for newcomers.

"I'm constantly asked whether I was born in the area," Cr Stevens said. "There is a large body of international research that shows social cohesion is the key to our health, happiness and well-being."

"A significant number of people who completed the (Pittwater Council) survey did not feel part of our community." A date for the functions has yet to be finalised.