

Sunbury men shape up

Sunbury is working to raise the bar for men's health.

A free tradie breakfast, part of Australia's Men's Health Week (June 12-18), will be held in the town next week.

Men of all sorts are being invited to drop by Bunnings Sunbury trade desk from 7.30-9am on Thursday, June 15, to check out the barbecue breakfast and information.

Visitors will be able to get tips about working healthier and safer from Freemasons Victoria and Sunbury Community Health and learn about local activities.

Free men's health program Sons of the West has taken off since it came to Sunbury in February, with more than 50 men registering.

Run by Western Bulldogs Football Club and Sunbury Community Health, the program promotes physical and mental health.

The men meet every Thursday night to hear a presentation on health, followed by an hour of physical activity. Participant John Lilley said the program had contributed to his 13-kilogram weight loss since Christmas.

He said the program was also particularly beneficial for forming relationships.

"I like it because of the company," Mr Lilley said. "You meet friends."

Mr Lilley and other men he has met through Sons of the West have since formed a walking group. Last week, they walked around Sunbury to raise money for the Heart Foundation.

Men from Sunbury and surrounding areas can join Sons of the West by turning up to Goonawarra Primary School at 7pm on Thursdays until the end of July.



Serena Seyfort

Peter Wilkinson, Barry Kelly, John Lilley and Barry Burbridge get active. (Damjan Janevski)