

SUNBURY

## Getting our sons back into exercise

THE Sons of the West health and wellbeing program is proving a winner at enticing Sunbury men to exercise.

A few months since its launch in Sunbury, about 50 men are taking part and there are high hopes more will get on board.

Developed by the Western Bulldogs four years ago, the program has been credited for turning around the lives of hundreds of men in several areas of the western suburbs.

The Sons of the West “pre-season” began earlier this year at the Goonawarra Primary School on Thursday evenings.

Resuming this Thursday, the “premiership season” begins with a lot more exercise as well as weekly guest speakers on physical and mental health challenges.

Participant John Lilley said he had already adopted good habits from the program, notably losing weight and taking part in up to two group walks a week.

“I had been doing some recovery from a hip replacement at Sunbury Community Health when Sons of the West came along,” he said.

“I went along and loved it.”



**Sons of the West is supported by Sunbury Community Health. All men are welcome to attend the free sessions on Thursday evenings at the Goonawarra Primary School, from May 25 to July 27 from 7pm to 9pm. Details: [9744 9593](tel:97449593).**