



Speech by
Grace Grace

MEMBER FOR BRISBANE CENTRAL

Hansard Wednesday, 2 September 2009

BRIDGE TO BRISBANE

Ms GRACE (Brisbane Central—ALP) (11.53 am): Finding my 30 was made easier last Sunday when I entered the 13th annual *Sunday Mail* Suncorp Bridge to Brisbane event. It was a fantastic day, with over 45,000 people taking part this year—a record and triple the number of participants just six years ago. Everyone participating in this event played their part in the government's Toward Q2 ambition of making Queenslanders Australia's healthiest people by getting active and healthy.

Recognised as the largest community sporting event in Queensland, with its popularity growing each year, the Queensland government is proud to be a major sponsor of such a great Queensland get active campaign. For the second year running, the government entered a whole-of-government team—'Find Your 30' team—with over 1,200 staff, families and friends who found their 30, led by the Premier and Deputy Premier, who both competed in the 10-kilometre race.

It is a fantastic opportunity to promote the Queensland government's healthy lifestyle message of finding 30 minutes of physical activity a day, along with making healthier food choices such as a healthy breakfast that awaited entrants at the Find Your 30 marquee at the RNA. I was amazed by the sea of people who just kept coming—all enjoying themselves. The event meant something different for each participant—a race, a morning jog, a run, a walk or just having fun dressing up and exercising.

Funds from this year's Bridge to Brisbane will go towards the Heart Foundation's campaign to save lives, and in its 12-year history the Bridge to Brisbane has raised more than \$2.4 million for charity. The Bridge to Brisbane was a great opportunity for family and friends to enjoy a Sunday morning in the name of healthy living, fun and charity. For many, it is a challenge to achieve personal goals, but for me it was a most enjoyable way to exercise and be active, and I cannot wait for next year to again be part of this iconic Queensland well-organised event. I encourage all members of parliament to enter next year. It is a great opportunity to get active, get out there and enjoy the day, as many thousands did.