



Speech By  
**Jessica Pugh**


**MEMBER FOR MOUNT OMMANEY**

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## ADJOURNMENT

### Mount Ommaney Electorate, Health and Fitness

 **Ms PUGH** (Mount Ommaney—ALP) (7.27 pm): It is no secret—at least it should not be—that the only reason I would go for a run is that someone is chasing me. The first time I ran as an adult was for a seat in parliament—true story—but since being elected I have been invited to participate in a few ‘fun runs’. The first was a few weeks ago for Rotary’s BeefBank through the absolutely beautiful Rocks Riverside Park in my electorate. It is a stunning run along the river, and it was enough to entice me back the next week for the dementia walk and fun run. This time I was accompanied by my trusty rescue whippet Roxy, who dragged me a good portion of the five kilometres. I want to thank the organisers of both of these amazing organisations. They both had hundreds of runners turn out for their events, and it was wonderful to see so many residents of all ages, from eight to 88, come and enjoy our beautiful winter weather. I got what they call the post run high and I liked it, so last night I voluntarily went for a run for no reason accompanied again by Roxy to spur me on when I got tired.

As we handed down our budget with its massive health spend, it occurs to me just how overwhelming the task of staying healthy can be for all of us. It does not suit everyone to go to the gym six times a week, nor is it achievable for most people. In Mount Ommaney we are very lucky to have some fantastic and innovative local clubs and gyms that offer a variety of fitness options such as the Jamboree Heights YMCA. They offer low-cost community based fitness options and they have wonderful programs to provide for many different community members, including one tailored specifically for cancer survivors.

There are lots of wonderful fitness options for all members of the community, but I think it is important to recognise that when it comes to keeping healthy one size does not fit all. We do not all want to jump out of bed at 5 am and go for a 10-kilometre ride before work, like some highly motivated members of the western suburbs bicycle users group. Maybe you are a night owl and salsa dancing at the Jindalee Hotel or the Oxley Bowls Club on a Thursday night is more your speed. Maybe you want to make exercise a social experience, in which case both genders can sign up for the Jindalee Jags and play AFL.

Whatever appeals to you—even if you are like me and it is yoga at home with my mat and a YouTube video—we all need to make a little time a few times a week to care for ourselves. If, like me, you are prone to lapses in your fitness regime and you feel more like a week of early nights is called for, be kind to yourself but get back into it as soon as you can. We all owe it to ourselves and our families to take care of our health because, at the end of the day, there is nothing more important.