



celebrating potential, creating possibilities



Robyn is aiming to raise \$4,200 by June 30 for other children with CP

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MEDIA RELEASE

Mindarie Gym Rowing for Cerebral Palsy

Matthew Young and Steve Walton will be joined by 8 other members of the Healthy Temple Fitness studio, Mindarie, in an attempt to set a new indoor rowing record. The team of ten will try and complete an intense marathon distance of 41,9 50m in the quickest possible time on Saturday 23rd May at the Lakeside Shopping Centre, Joondalup.

Steve and Matt would not even have considered this type of record a couple of months ago, considering that both personal trainers are from completely different sporting backgrounds. Matt is an experienced bodybuilder and Steve is a former Thai boxing champion and Mixed martial artist. Both trainers had never really utilised a rowing machine in their training, however when Matt started to record clients rowing times on a white board at the Healthy Temple Studio, the members became more and more competitive.

Matt, Healthy Temple Studio owner and instructor, commented that "although this is a personal training studio and the clients train one on one with an instructor, there is a real team spirit regarding this rowing challenge and all the Healthy Temple members are getting behind the event."

Now the group from Mindarie will attempt the row on behalf of a charity which supports and provides equipment for children with Cerebral Palsy.

Matt and Steve have chosen to raise funds for The Centre for Cerebral Palsy because Steve's daughter, Robyn, has cerebral palsy. Steve says, "Robyn is an independent and determined young girl who is more than happy to promote The Centre for Cerebral Palsy's 'Wheelie Big Challenge', and she hopes to be able to raise a large sum of money through the challenge to aid other children with the condition."

Those wishing to donate funds can do so online by visiting The Centre for Cerebral Palsy's web page, following the link to the www.wheeliebigchallenge.com and clicking onto Robyn's page.

The team from Healthy Temple Fitness are looking for support from local businesses willing to donate much needed funds used to purchase specialist equipment for children with Cerebral Palsy, and for the public to show their support on the day. The event starts at 1.30pm on Saturday 23rd May in Station Square, Lakeside Shopping Centre, Joondalup.

-ENDS-

Photo Opportunity: See the Healthy Temple Fitness Team row 42,000km Lakeside Joondalup Shopping City at Station Square near the Food Court (see map) Saturday 23 May 1.30pm

For further information contact:

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FACTS ABOUT CEREBRAL PALSY

- *CP is a permanent physical condition that affects movement.*
- *In Australia a child is born with CP every 18 hours.*
- *Australians under 18 are three times more likely to be diagnosed with cerebral palsy than cancer.*
- *There is no pre-birth test, no known cure and severity is on the increase.*
- *For most the cause of CP is unknown.*
- *CP is not a disease, it is not contagious.*
- *CP can be as mild as just a weakness in one hand ranging to almost complete lack of movement.*
- *Since 1951 The Cerebral Palsy Association has forged an enviable reputation as one of the leading disability service providers in WA. In line with the outstanding work we do in the area of CP management and support to those with disability, on 13 March 2007 we adopted a new name The Centre for Cerebral Palsy and colourful new logo.*