



Meeghan Bell (centre) with Anne and Neil Thomas, Helen McCann, Gemma, 5, and Brodie, 3..

N15WG200

Keeping fit is a walk in the park

FORMER professional squash player and personal trainer Meeghan Bell is on the hunt for Monash residents to join her free weekly walking group.

The 37-year-old has set up a Heart Foundation walking group that will run for an hour every Tuesday morning from her personal training studio in Mt Waverley.

Ms Bell said she wanted to start the weekly walks to provide her

clients and other local residents with an opportunity to get out and exercise in a social environment.

"A lot of my clients have trouble maintaining interest in fitness outside of their sessions," Ms Bell said. "I see this as helping the community - we can meet, go for a walk and have a coffee or tea afterwards."

Ms Bell, who retired from professional squash 10 years ago, said she also wanted to start the group

so she could keep up her own exercise. "Because I'm always training people I can get caught up in that and not make time for exercising myself," she said.

The group, launched this month to coincide with Walktober, will begin its walks at 8.30am next Tuesday, October 13, at 6 Andrew St, Mt Waverley.

► **Phone Ms Bell on 0431 199 871 or visit heartfoundation.org.au/walking for more information.**