



OzGals

For Childhood Obesity

On March 26th, two seemingly normal *Gold Coast* mothers will attempt something others would see as anything but! Heather Deeley and Chanel Manton (*both 28*) will take leave from work, pack their two daughters and supplies very snugly in a Toyota Yaris and set off on an adventure that has sent shivers down the spine of the most experienced Traveller! 7 year old Victoria and 8 year old Atalia, are two little girls who are about to get the ride and education of a lifetime. The concept dreamed up by Deeley, is a way of highlighting a growing epidemic that is growing daily in Australia, childhood obesity. At present, this accounts for 1 in 4 children or 25 percent of Australia's childhood population aged 4 – 18. They also want to raise awareness for much needed research funds for Cystic Fibrosis, they want people to get behind this and help where they can by either donating direct to Cystic Fibrosis Australia or getting involved in one of their many annual fundraising campaigns.

"Circumnavigating Australia with two little girls in a Toyota Yaris is not everyone's idea of an adventure holiday..." Deeley laughs, *"...but we love our babies, as well as all kids and if we can do something like this to raise awareness of a problem that is fast becoming an epidemic, so be it. But hey! What a way to see Australia!"* Deeley adds. Deeley and Manton will depart the Gold Coast with their little gals on March 26th and head directly to *Roma (Qld)* where they will check into a style of accommodation that will become home for the next four months, a tent measuring 3 x 3 metres. From here, their route will take them through *Uluru* en route to Darwin.

Along the way, both mums and bubs will be living on the bare essentials, as this is not designed to be a journey of luxury. Deeley (*a professional book keeper*) has budgeted from walking out the door of her Gold Coast home, to walking back in. *"We not only want the children to see Australia and realise that life is not about watching TV or playing computer games, we want them to get out there, make their own fun, in the dirt, if need be and understand that they can live without junk food"*, Deeley says. From Darwin, OzGals, as they have affectionately named themselves, will trek to Perth taking in the majestic ambience of Australia's west coast in between.

The little one's are mesmerized by Perth, and will get to take in the sights of the Capital, before taking the hazardous ride across the Nullarbor to Adelaide. Approaching winter, the chill of the southern capitals will take its grip on the little Northerners as they take in the sights of the Great Ocean Road and Victoria's Otway strip with Arctic winds that cut to the bone. After some time with the cute penguins at Phillips Island and Melbourne, OzGals will point their Toyota Yaris north, with comforts of home taking over daily thoughts. Tacking coastal and visiting many famous landmarks in between, Sydney will be a welcome sight, with a 10 hour drive being the only obstacle to a good nights sleep.

"Are we crazy?" Manton asks. *"Maybe, but if it takes our effort to reduce a problem that could save the life of one child from obesity, then every kilometre will be worth it!"*

**THIS CANT WEIGHT!
CHOOSE A SPONSORSHIP PROGRAMME
THAT WILL LAST A LIFETIME!**

Childhood obesity is a growing issue among Australian children. Almost 25% of children between the age of 4yrs and 18yrs in Australia are overweight or obese. Further studies have indicated that children as young as 16 are suffering complications of obesity such as heart disease and other serious complications.

YOUR hand...

We know the cure, we just need to spread the word and make people aware of what long lasting effects this can have on the body. Many reasons have been given for obesity and in cases where there are no underlying medical condition it comes down to the food that is eaten and lack of exercise.

OUR hands...

Let's get this under control before it takes hold on the lives of our children, the children who will be the parents and adults of the future. Let's ensure that they understand the need for good health, nutrition, exercise and balance. We are not medical experts, nor do we want to tell people how they need to help anyone, we are here to spread the word and ensure that people take a visit to their GP or Nutritionist and seek medical intervention before any major damage is done.

TOGETHER...

One cause that is very dear to us and that there is no cure for is Cystic Fibrosis. Current research funding in Australia is much needed and we want to encourage people to donate their time, efforts and money into finding a cure. There have been many encouraging results in recent research but until a cure is found, we can not become complacent to these needs.

WE CAN MAKE A DIFFERENCE!

Your sponsorship will provide the funds to ensure that we can spread the word about childhood obesity to the far reaches of Australia and make sizeable donations to Cystic Fibrosis Australia research.

**If you choose just one program this year,
let it be one where helping our children is the prime focus.
It could be the life of a child you know that is saved as a result of this trip.**