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Boost your wellbeing - come and try Dragon Boating

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The Chief Minister Katy Gallagher today attended the Diamond Phoenix Dragon Boat Club's 'Come and Try Day' on Lake Burley Griffin to encourage women to get involved in sport and become happier, healthier and fitter.

"As one of the fastest growing sports with local and national teams competing internationally with great success, it was about time I tried it out myself.

"Dragon Boating is especially suitable for women who love a bit of competition and like to try team sports. It is also a great way to form new friendships, and get fit in a supportive environment," the Chief Minister said.

Women of all ages can participate in the Diamond Phoenix Club. Now in its sixth season, Diamond Phoenix teams have experienced great success, placing third at the 2011 Australian Dragon Boating Championships and third in the 2011 ACT Women's Club Championship.

"Like most women I find it hard to squeeze in the time to exercise and keep fit myself, but I know how important it is to my wellbeing.

"Come and Try Day initiatives are aimed at encouraging Canberrans to become more active and try something different," the Chief Minister concluded.

Media Contact:

Adina Cirson	6205 0384	0435 964 454	adina.cirson@act.gov.au
Kathryn Roberts	6205 0242	0402 399 907	kathryn.roberts@act.gov.au

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