

PRESS RELEASE
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CHALLENGE TO MAKE A DIFFERENCE FOR SILVER CHAIN

Swan View resident Bob Kinzett has taken the challenge to participate in this year's Rebel Sport City to Surf for Activ in an attempt to turn his life around. He has struggled through difficult times in the last few years which included the loss of his wife. However, Bob is now working to gain back control of his life and raise money for Silver Chain in the process.

Bob was recently diagnosed with type 2 Diabetes and has had a long history of high cholesterol and obesity. However he decided that it is time for a change and has lost 13kg in the last 4 months through daily exercise, keeping a closer eye on his food intake and being in control of his glucose and cholesterol levels.

"This event for me was a way to get out of the house, gain the benefit of physical exercise for a reason, something to aim for, and also a way to raise some support for Silver Chain who helped my wife, Jo, and our family during her final months," commented Bob on his involvement in the Rebel Sport City to Surf for Activ.

Silver Chain is one of the largest providers of community, clinical and healthcare services in Western Australia. The organisation has been running for over 100 years and the services provided assist over 40,000 people each year.

The Rebel Sport City to Surf for Activ will be held on Sunday, August 29th 2010 and consists of the Chevron Marathon, Westpac Half Marathon, Channel Nine 12km Run, Appealathon 12km Walk, Westpac 11km Wheelchair and the Nissan 4km Walk/Run.

Registration links and further information on the Rebel Sport City to Surf for Activ is available at www.perthcitytosurf.com.

Website: www.perthcitytosurf.com