Gary Higgins
Minister for Sport and Recreation

Lia Finocchiaro, Member for Drysdale

**Triple Olympian Lisa Curry in the NT**

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One of Australia’s original Golden Girls of the pool is coming to the Northern Territory.

Triple Olympian Lisa Curry is on a mission to improve the health of Territorians as part of her national *One Life One Chance Aussie Roadtrip.*

Sport and Recreation Minister Gary Higgins said the popular businesswoman and motivational speaker would share her exercise and motivational health tips across the Territory.

“It is an absolute honour to have Lisa Curry, with her vast experience as an elite sportswoman, coach and personal trainer, visiting Territory towns to conduct free exercise and mentoring sessions that show Territorians how to lose weight, get fit and improve their health,” he said.

“Unfortunately, being overweight or obese are major problems in our community, contributing to a number of health conditions such as diabetes and cardiovascular disease. But obesity is reversible and it’s never too late to start addressing it.”

Member for Drysdale Lia Finocchiaro said she was looking forward to meeting Lisa Curry at her Palmerston workshop.

“This is an exciting opportunity for locals to take part in a first class workshop and seminar,” Ms Finocchiaro said.

“Lisa Curry’s sessions will give Territorians tips on nutrition, weight loss and how to incorporate exercise into their lives to make physical activity a healthy life-long habit at free workshops and seminars.”

Lisa believes that many people want to make a change but are confused about what to do.

“There is so much information about what you can do, I believe that people become overwhelmed and don’t know which way to go, or what program to follow and with so many other conflicting priorities in life, people just get to the stage where it is all too hard,” she said.
“As an elite athlete for over 30 years, I was lucky enough to learn some great techniques showing how to create a strong healthy foundation. However no matter how great the techniques and information was – if I didn’t do the work there weren’t going to be any results.

“Between training, working and being a full time mother, it was easy to feel overwhelmed and make excuses. What I know is that if I want results, I must take responsibility for putting myself first and choose every day to do something different.

“This is what I help people do – I make it easy for them to put themselves first and take a step in a different direction so that they can get more out of life.”

The NT leg of the One Life One Chance Aussie Roadtrip will culminate at Uluru, marking 100 rural and regional towns visited since the trip began in 2013.

Mr Higgins said the iconic rock will form the backdrop for the cover photo of Lisa’s book about her 2 year odyssey around Australia spreading the healthy living message.

“Lisa suffers from a heart condition and has a cardioverter-defibrillator so it is fitting that she has chosen to end her roadtrip at the heart of Australia.”

(See attached schedule of Lisa’s appearances)

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Lisa Curry visit schedule