

# Shine

The Shire's Health & Lifestyle magazine

SPRING 08  
**FREE**

**IT'S TIME TO  
GET ACTIVE  
AND GET  
HEALTHY  
LOOKING AT  
OBESITY...**

**FIND OUT HOW  
YOU CAN TOO**  
RAISE MONEY FOR CURE  
CANCER AUSTRALIA  
FOUNDATION

**SEASON TRENDS**  
UPDATE & DE-CLUTTER  
WITH BAYSICS

**WHY CAN'T I  
LOSE WEIGHT?**  
YOU MAY JUST FIND  
THE ANSWER ...

**GARDENING  
WITH WENDY**  
THE LEMONTREE

# giving back to the community

Article by Melisa George

## RUN! SWIM! CURE CANCER! YOU CAN TOO

Can Too is a program where professional coaches will train you to run or swim an endurance event while receiving professional team coaching. You have the opportunity to reach your goal in a supportive, fun and sometimes crazy environment, while raising money for Cure Cancer Australia Foundation [www.cure.org.au](http://www.cure.org.au)

Can Too was created by Annie Crawford, who wanted to combine her passion for fitness with raising money for cancer. The program is structured so that everybody wins. It is an opportunity for participants to achieve a goal they may never have thought possible, while making new friends and getting support from them. At the same time, participants can "make a difference for others" by raising funds to directly support breakthrough cancer research, as part of Cure Cancer Australia's vision for "a world without cancer; nothing less."

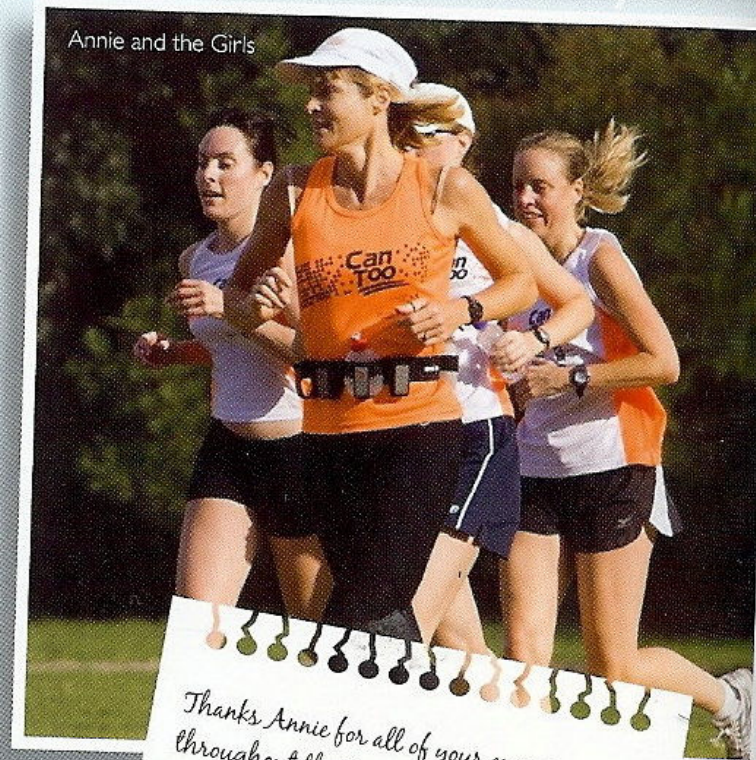
"Can Too is a program for novices and seasoned athletes alike. We will support you to achieve your goal of running a half marathon whether you are a beginner or a more experienced athlete and encourage all fitness levels," Annie says.

If you think this is your calling register now for the Can Too swimming program starting in November at Caringbah Leisure Centre and Cronulla Beach.

Also for the first time a running program will be starting in the Sutherland Shire next February. Can Too also have volunteer opportunities available if you want to stay on the sideline and help out at events.

**For more information or to register click onto [www.cantoo.org.au](http://www.cantoo.org.au)**

Annie and the Girls



*Thanks Annie for all of your encouragement throughout the training I can not stop telling people how fantastic the preparation was it such an amazing thing you have going and you should be so proud of creating Can Too you have changed my life and many others thanks - Suzanne*