



# ZEST

Welcome to the Gold Coast's Annual Zest Festival proudly brought to you by the City of Gold Coast, The Gold Coast Active & Healthy Alliance and partners.

Zest is a day to celebrate the City's enviable active & healthy lifestyle showcasing an array of amazing sport, recreation, fitness and wellness services and programs which are available right here on your doorstep. There is no better time to start looking after yourself and your family ... so get involved, get healthy and have fun with us. We are excited Gold Coast Food Trucks are joining us to showcase their great range of healthy food options too!

## ON STAGE

<b>11:00am</b>	Welcome to the event
<b>11:15am</b>	Stan the Active Man Games
<b>11:30am</b>	Healthy Grubz kids cooking demonstration
<b>12:00pm</b>	Wic KID Entertainment Show for kids aged 3-15 years. Kids, jump up, join in, dance and sing with Wic KID and Miss Kim!
<b>12:30pm</b>	Music
<b>12:45pm</b>	Didgeridoo Performance by Ethan Nihot
<b>1:00pm</b>	Fitness First Activation
<b>1:15pm</b>	Music
<b>1:30pm</b>	My Athletix kids athletics demonstration
<b>2:00pm</b>	Music
<b>2:30pm</b>	Stan the Active Man Games

## ACTIVE & HEALTHY CLASSES

- » **9:30am**  
1 hour yoga class with Essence of Living / Small Lawn
- » **9:45am & 10:15am**  
Pilates Barre with Xtend Barre / On the Pier
- » **9:45am & 10:30am**  
Hiit Group Session on Surfset Fitness Boards with G23 Fitness / Walkway near the pier
- » **10:30am**  
30 minute Holistic Pro Movement Class with Holistic Pro Health Performance / Small Lawn
- » **12:30pm**  
Commonwealth Games Wrestling Fitness Demonstration / Small Lawn
- » **1:00pm**  
30 minutes of Tai Chi with Academy of Yang Tsin Su / Casuarina Trees
- » **2:00pm**  
Earth Mother Healthy Cooking Demo – Learn how to make healthy snack balls and how to prepare easy mid-week meals to reduce stress

## ZEST ACTIVITIES

### 'Game On' Sports Zone // 11:00am - 3:00pm

- » My Athletix athletics zone
- » Gold Coast Basketball shooting competitions
- » Golf Croquet
- » Table Tennis pop up tables
- » Surf Life Saving
- » Wrestling demonstrations and fitness activations
- » Qld Cricket inflatable cricket nets
- » Netball Qld inflatable
- » Squash inflatable zone
- » Badminton courts and come and try activities
- » Gold Coast Titans inflatable challenge
- » RK POD running crew
- » Mountain Bike Australia

### Activities on the green // 11:00am - 3:00pm

- » Club Funk move and groove and dance
- » GMG Sports games and sports
- » Sparky Do Dah Pop Up Playground
- » Rock climbing wall
- » Mini Ninja Obstacle Course on the sand
- » Gecko Sports

## LOCAL SPORT, FITNESS, RECREATION AND WELLBEING STALLS

- » Active and Healthy Alliance – Hosts of the Zest Festival!
- » Aussie Health Girl
- » Arbonne
- » Brahma Kumaris Meditation
- » Complete Transformation – Juice Plus
- » Commonwealth Games Embracing 2018
- » Falun Dafa Association of Australia, Queensland Branch Inc
- » Fitness First
- » Go Vertical SUP
- » Healthy Grub
- » Xtend Barre
- » G23 Fitness
- » Mee Personal Training
- » Stroke Foundation
- » Swim Fit Nerang
- » City of Gold Coast Active & Healthy Program – new program out now



**DON'T FORGET TO CHECK OUT THE HEALTHY FOOD TRUCKS ON OFFER TO KEEP YOU FUELLED AND READY TO ENJOY THE DAY!**

### ZEST IS PROUDLY BROUGHT TO YOU BY



**ACTIVE+  
HEALTHY  
ALLIANCE**

web // [www.activehealthy.com.au](http://www.activehealthy.com.au)  
facebook // Active & Healthy Gold Coast

**CITY OF  
GOLD COAST.**

### THANKS TO OUR MEMBERS FOR CONTRIBUTING TO THIS GREAT EVENT



**F Fitness First**



**Falun Dafa  
Australia**



**L.I.F.E.  
Chiropractic**



**MEE ACTIVE  
MIND - BODY - LIFE**