



MEDIA RELEASE

The results are in: Live Life Get Active a major success

Fraser's Property residents enjoying health and social benefits

Sydney – November 4 2016 – The first results from Fraser's Property Australia's free Live Life Get Active fitness camps are in: around 2,300 members have joined the 20 camps that have opened in the company's communities across Australia in the past few months.

And the numbers are growing every week. By year's end Live Life Get Active anticipates around 3,000 members will have joined the Fraser's Property-sponsored fitness camps.

Live Life Get Active compiles regular reports on the performance of each fitness camp, covering members' health improvements, demographics, stress levels, disease prevalence, social feedback and more.

Reports to date show the Fraser's Property camps are most popular among the 35-40 year age bracket, with women accounting for around 80 per cent of all members. 48 per cent of participants are identified as "at risk", taking into account their weight, waist circumference, activity and the number of hours per day spent sitting.

While there's no pressure on members to record their achievements, those that do report lost kilograms and slimmer waistlines. Initial weight loss results are positive but there's more work to be done: the reports show that on average members spend 8-12 hours per day sitting – more than the recommended maximum of six hours per day.

Of course Live Life Get Active is about more than just improved health. The social benefits of the program are one of the main reasons Fraser's Property is rolling out Live Life Get Active free fitness camps around Australia.

Former Olympian and champion of the Live Life Get Active program, Jane Flemming, says the first reports from Fraser's Property's Live Life Get Active camps show that residents are embracing the health benefits while enjoying the social interaction.

"When I started the Live Life Get Active program I thought it would be primarily an anti-obesity initiative. But we've since discovered its real success lies in helping to build communities and connecting people. The camps are proving a fantastic way for people to get to know each in a really healthy environment," says Jane.

"With plenty of classes to choose from, we've seen people not just improve their health but also make new friends and broaden their social circle. This social interaction brings with it important physical and mental health benefits with the added bonus that everyone encourages each other to turn up."

The structure of Live Life Get Active means it's accessible – and beneficial – to everyone, regardless of age or level of fitness. People can register for whichever session is most convenient, with equipment provided free of charge and their insurance also covered.

Feedback from residents:

Residents of Frasers Property's communities who've joined the camps are full of praise for Live Life Get Active:

"The benefits have been really varied including weight loss, toning, more body confidence, better social interaction and having fun while exercising."

"I love the classes and the social aspect of it. It makes me proud to be part of a buzzing community where people can feel comfortable being friendly and connecting with others."

One participant heard about Live Life Get Active through the local community mothers group:

"I joined with four of my friends from mothers group as a way to get fit and healthy after having our babies. It's nice and local, getting us together a few times a week and being held accountable."

Frasers Property is one of Australia's largest development companies and the biggest property group supporter of the Live Life Get Active initiative. Its first camp opened in Sydney in March 2016 and now there are 20 across the country - with more planned.

A \$400,000 investment:

Anthony Boyd, Executive General Manager – Residential, Frasers Property Australia says integrating Live Life Get Active camps in or within walking distance of Frasers Property communities is part of a broader vision to improve residents' lifestyles and build strong, socially sustainable communities.

"Each camp costs \$20,000 to sponsor and we've already committed over \$400,000 to the initiative this year. The return isn't immediate or even measurable, and that's fine. We recognise the value of social infrastructure in building healthy communities and believe this investment is very worthwhile."

The fitness camps are open to anyone in and around Frasers Property's communities, including residents, their families and friends, neighbours and the company's own staff. The camps are typically held on the green spaces in the communities or in nearby parks.

Live Life Get Active is a private social initiative that, with the financial support of local governments and companies like Frasers Property, provides free and simple health, fitness and nutritional education both online and in active camps held in parks, suburbs and cities across Australia.

For further information about the Live Life Get Active program and to get involved, visit www.livelifegetactive.com

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About Frasers Property Australia

Frasers Property Australia Pty Limited (FPA) is one of Australia's leading diversified property groups and is the Australian division of Frasers Centrepoint Limited. The group has over 90 years' heritage in Australia with current activities covering the development of residential land, housing and apartments, commercial, retail and industrial properties, investment property ownership and management, and property management.

Being part of a global group opens up a world of opportunities for FPA's customers. FPA appreciates its customers and rewards their loyalty through Prosperity, a national loyalty program providing residential customers with generous purchase and referral rewards, plus benefits at Frasers Hospitality's serviced hotel residences and boutique lifestyle hotels around the world.

Sustainability is at the heart of FPA's operations. The group creates places where resources are re-used, recycled and restored. It fosters new ideas to support people and the planet, and undertakes tangible initiatives to help people lead happier, healthier lives. Driven by a highly experienced team of people committed to delivering *real places for real people*, the core values of the group are *passionate, authentic, dynamic* and *respectful*.

For more information about FPA, visit www.frasersproperty.com.au

About Frasers Centrepoint Limited

Frasers Centrepoint Limited (FCL) is a full-fledged international real estate company and one of Singapore's top property companies with total assets above S\$23 billion as at 30 June 2016. FCL has three strategic business units – Singapore, Australia and Hospitality, which focus on residential, commercial, retail and industrial properties in Singapore and Australia, and the hospitality business spanning more than 80 cities across North Asia, Southeast Asia, Australia, Europe, and the Middle East. FCL also has an International Business arm that focuses on the Group's investments in China, Southeast Asia, and the United Kingdom.

FCL is listed on the Main Board of the Singapore Exchange Securities Trading Limited (SGX-ST). The Company is also the sponsor and its subsidiaries are the managers of three REITs listed on the SGX-ST, Frasers Centrepoint Trust (FCT), Frasers Commercial Trust (FCOT), and Frasers Logistics & Industrial Trust (FLT) that are focused on retail properties, office and business space properties, and industrial properties respectively, as well as one stapled trust listed on the SGX-ST, Frasers Hospitality Trust (comprising Frasers Hospitality Real Estate Investment Trust (FH-REIT) and Frasers Hospitality Business Trust) that is focused on hospitality properties.

As a testament to its excellent service standards, best practices, and support of the environment, FCL is the proud recipient of numerous awards and accolades both locally and abroad.

For more information on FCL, please visit www.fraserscentrepoint.com