



Registrations are now open for Australia's largest multisport festival coming to Geelong, from 20 February – 1 March 2009. Why not participate in one of 70 different sports with your friends and family and enjoy a summer holiday? The 12th Australian Masters Games is a ten day sports and entertainment festival open to people over the age of 30, regardless of sporting background or ability. Held biennially, the Games are run by the Confederation of Australian Sport (CAS), the peak body for sport in Australia.

Geelong will come alive with over 10,000 people from Australia and overseas participating in 70 sports across 80 different venues in the Geelong region. Whether you are a regular athlete, gym junkie, seasonal recreational enthusiast, on the come-back trail or just want to experience some Serious Summer Fun, the Games have something for you. From bocce to baseball; bowls to surfing; soccer to netball. While the competition is important, one of the key attractions of the Games is the social interaction and spirit of camaraderie experienced by the participants.

Why not start your training for the Australian Masters Games now and kick start a healthier lifestyle with the Good Health. Master it! Program. Fill out the [Online Survey](#) and receive a FREE six month healthy eating program designed by Games Ambassador and Triple World Aerobic Champion Sue Stanley.

Registrations for the Games are now open. Participants can use the simple and easy to use Online Registration System at **www.AustralianMastersGames.com** or phone 1300 725 266 to arrange for a Registration Booklet to be posted.