



Living here **fitness**

WITH **STEPHANIE BEDO**

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Riding a life cycle

GOLD Coasters can 'go for gold' like an Olympian, with an expert cycling program being run for all fitness levels.

Olympic champion Sara Carrigan runs the cycling program and, with her being an Australian, Commonwealth Games and World Cup champion, you know you are in super qualified hands.

Sara is sharing her skills, passion and love of cycling with fellow Gold Coasters keen to take part in her Sara Carrigan Cycling School.

Sara's aim is to provide basic cycling training and skill development within a fun and safe environment for both total beginners and the more experienced.

She does this through her Go for Gold program run every Tuesday and Thursday where cyclists gather together at Broadbeach and head off to a new location to cycle through.

For \$80 a month, participants get an after-ride exercise, free coffee, insurance, cycling etiquette training and weekly goals.

Sara uses the goal tally to update people on how they are going through email.

After three months she holds the ultimate goal ride, with a much longer distance to aim for.

There are prizes for most improved and the highest goal collector.

She also holds educational workshops every two months and sends out a newsletter with handy hints and tips.

"But most of all, it's about having fun," she says.

"It's very much about a social, fun way for people to get together and enjoy a safe ride with some structure and it seems to be working really well.

"It's not just a ride, it's about that whole round education experience and an opportunity for people to meet others.

"What I'm finding is that people are organising rides outside of this which is really fantastic."

Even if it's a rainy day, the



Sara Carrigan with her fellow cycling school riders

group heads inside and does an indoor session.

The program attracts everyone aged from 13 to 65, male and female, and the only requirement is that participants need to have a road bike.

Sara started the program last year in response to the cycling skills sessions she was taking, and she still offers those, along with personal coaching, if people want it.

The Go for Gold program runs from 5.15 to 7am and the group meets at The Coffee Sisters on the corner of Monaco Street and Rio Vista Boulevard.

To find out more visit saracarrigan.com

Ellen's a real shaker

GETTING Ellen DeGeneres to visit the Gold Coast is all the rage at the moment. But since there's no news of her coming yet, I'll fill you in on an Ellen fitness tip.

You might have already seen it if you're a fan of The Ellen Show, but she loves the Shake Weight.

The shake has achieved international buzz with celebrities and locals and is being hailed as a revolutionary way to shape and tone your arms in just six minutes a day.

Ellen used it on her show and liked it so much, she gave them out to her celeb guests and audience members - check out the videos on YouTube.

The attraction there was that using the Shake Weight actually looks quite funny and, I admit, takes some getting use to.

Just as the same suggests, you shake it around in different positions to achieve results.

It's cheap and fun to use and is available from shake-weight.com.au or any Rebel Sport or Amart All Sports store.