

Music shares healthy exercise message

Lauren Harrison, City North News Quest Newspapers September 25, 2012 12:00AM

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Local band The Fabulous Lemon Drops are tackling the problem of childhood obesity by promoting the benefits of exercise in their performances.

Local band The Fabulous Lemon Drops are tackling the problem of childhood obesity by promoting the benefits of exercise in their performances.

The band is the creative product of husband and wife duo Vanessa and Dez Staunton who have just released a DVD highlighting the importance of exercise and having fun.

Their DVD, 'Get Moving', features songs encouraging kids to get moving in a fun and exciting way.

The Fabulous Lemon Drops singer Dez Staunton says the band wants to spread the message that kids need exercise.

"Young bodies need physical activity. It's absolutely vital if they're to develop properly," he said.

"Obesity rates are rocketing all over the world, so we're taking this issue on and getting the word out to as many kids and parents as possible."

The Fabulous Lemon Drops will be performing live today at the Hamilton Town Hall at 10am. Tickets cost \$10 online or \$12 at the door. For more information, visit www.fabulouslemondrops.com.au.



The Fabulous Lemon Drops are sharing the positive message that kids need exercise these school holidays. Source: Quest Newspapers

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