

Active Launceston is encouraging community members, employers, employees and families to join in;

Diabetes Australia Walk to Work Day 2014



FRIDAY NOVEMBER 14

Register your workplace, group or family at
www.walk.com.au



Now in its 17th year, Diabetes Australia Walk to Work Day, on Friday 14 November 2014, is an annual event initiated by the Pedestrian Council of Australia which helps employers and employees to build regular walking into their daily routine.

Promoting physical activity in the workplace improves individual health as well as community and workplace well-being.





It is also easy:

- If you can't walk all the way, use public transport and get off the bus a few stops earlier and walk the rest of the way to work.
- If you need to drive, try to leave the car at least a kilometre from your destination and walk the rest of the way.
- Take a half-hour walk at lunchtime.
- Where possible use the stairs rather than escalators or the lift.
- If you sit a lot at work, remember get up and walk around at least once every hour. Get up and talk to your colleagues instead of sending them emails.
- Instead of holding meetings sitting down, try to hold "walking workshops"

At 7.30am a walk will be held starting from the Active Launceston park and walk car park at the Round House off Forster St Invermay.

The walk will continue along the trail from Heritage forest to the Tramway Museum and Art Gallery, across the bridge at Tamar St, along the Esplanade to the Seaport to end up at the final destination at Cube Café for a free healthy breakfast at 8.00am.

Feel free to join us anywhere along the way or even meet us at the Seaport for breakfast then walk to work from there.

The event will include a well-loved sneaker competition and include prizes and give-aways for those who participate.

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For more information on Walk to Work Day please contact Active Launceston on 6324 4027 or visit www.activelaunceston.com.au



The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

Move More, Live More with Active Launceston