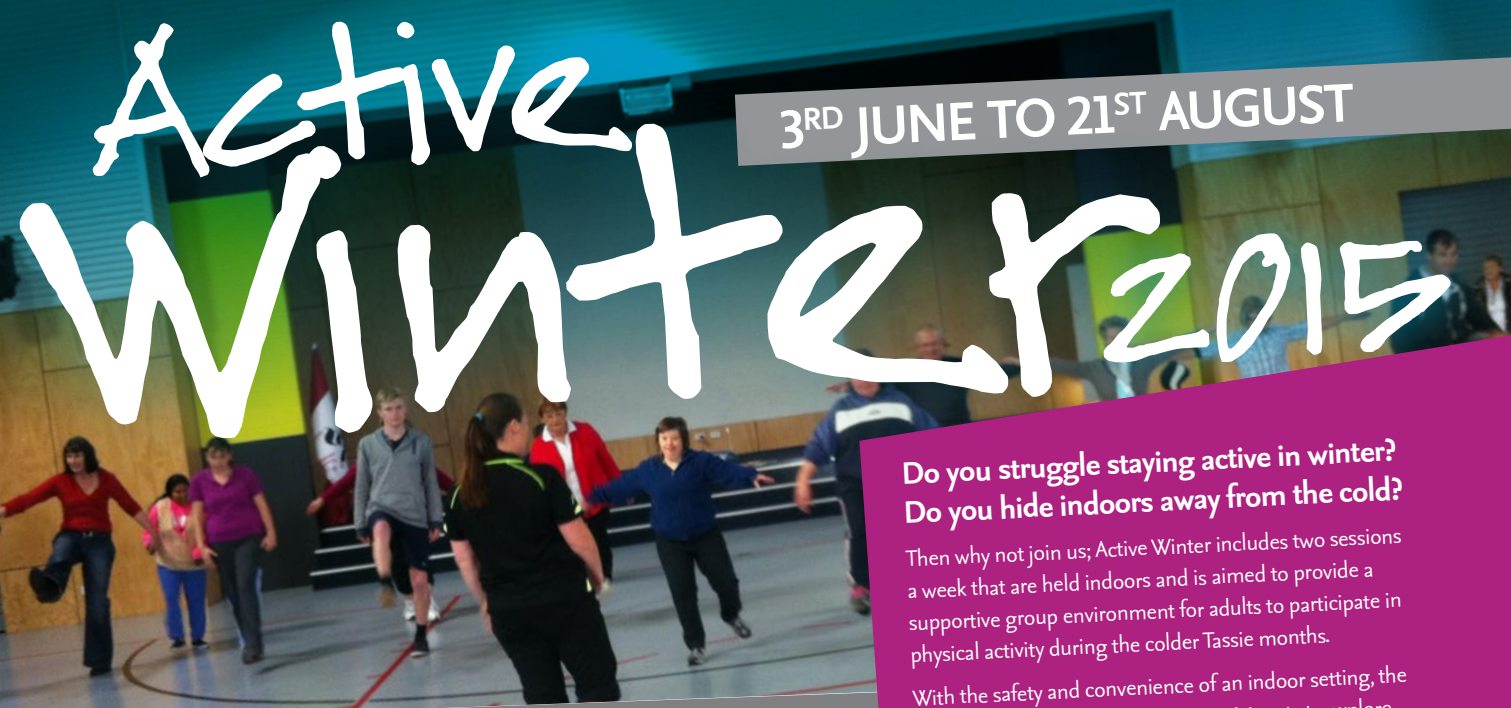


# Active Winter 2015

3<sup>RD</sup> JUNE TO 21<sup>ST</sup> AUGUST



**Wednesdays 5.45pm – 6.45pm**  
**Fridays 9.45am – 10.45am**

Both sessions will be located at the  
**Launceston North Uniting Church**  
128 - 132 Georgetown Road, Newnham



**Do you struggle staying active in winter?  
Do you hide indoors away from the cold?**

Then why not join us; Active Winter includes two sessions a week that are held indoors and is aimed to provide a supportive group environment for adults to participate in physical activity during the colder Tassie months.

With the safety and convenience of an indoor setting, the Active Winter program will allow participants to explore different approaches and styles of fitness by trying a variety of activities. A range of fitness levels will be catered for and allow people to work at their own level in a safe and supportive environment. If you have tried or find Active Parks Fun and Fitness or Stretch and Strengthen appealing then this program is likely to appeal to you!

This program will also lead up to the University of Tasmania's Semester Two and the opportunity to enrol in **Foundations of Active Living Unit**, this is a wonderful opportunity for you to learn more about healthy communities whilst staying active and your participation is strongly encouraged; fees are exempted. For more information see the reverse of this flyer or go to [www.activelaunceston.com.au](http://www.activelaunceston.com.au) and click on 'About Active Launceston' and follow the links.

- ⌚ Please arrive 10 minutes early to each session
- 👥 Bring a friend, a group or the whole workplace
- 🆓 This is a FREE program
- 👕 Wear loose comfortable clothing, appropriate footwear and bring a drink bottle
- 🧘 Please bring a Yoga mat or a towel to each session
- 📅 Please note in 2015 sessions will be held on ALL public holidays
- 👶 While children are welcome at Active Winter we recommend 14 years as the minimum age due to the physical and mental requirements of some of the sessions

More information over page or contact  
**Active Launceston on 6324 4027**

**Move More, Live More!**

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website [www.utas.edu.au/foundation/donate](http://www.utas.edu.au/foundation/donate) and follow the links to the Active Launceston Appeal.



## Do you enjoy being active; then why not get university recognition for doing so?

The University of Tasmania now has **CXA003 Foundations of Active Living** unit available within the Bachelor of General studies that is designed to recognise your involvement with Active Launceston!

### Why enrol?

- The unit is available FREE
- You will be contributing to a healthier community
- No pre-requisites are required
- Simple enrolment process
- ...and it will be fun!

This unit is designed to enhance knowledge and skills related to supporting individual and community health promotion with a specific emphasis on physical activity and health nutrition. The unit is embedded within the Active Launceston health promotion initiative and draws on, and recognises, the experiences of students currently engaged in health promotion. The unit forms a component of the UTAS pathway for entry into Health Science.

### Unit requirements

Attendance at eight physical activity sessions, six on-line tutorials, 5 short quizzes and completion of a personal workbook.

The style of learning is flexible, self-directed and designed to fit around your current commitments.

As a part of Active Winter program, information sessions will be held before activities start on week 1.

- Wednesday 3rd June 5.15pm and Friday 5th June at 10.15am

### Want to find out more or enrol?

- Contact Merodi Jack on 6324 3024 or [Merodi.Jack@utas.edu.au](mailto:Merodi.Jack@utas.edu.au)
- [www.activelaunceston.com.au](http://www.activelaunceston.com.au)
- Find the course unit details at: [www.utas.edu.au/students](http://www.utas.edu.au/students)