

INITIATIVE	WHO	WHAT
Supporting State and National Events	General community	Ride 2 Work Day Walk to Work Day
Inveresk Park and Walk	General community	Free car parking spaces provided at the round house car park at Inveresk. Open to the public each working day between 7am and 7pm.
Point of Decision Marketing	General community	Signage that can be installed in public buildings encouraging people to use the stairs instead of the lift.
Active Minutes	General community and workplaces	<p>Active Launceston is keen to provide 'Active Minute' breaks for meetings, conferences, forums and workshops. Frequent physical activity throughout staff gatherings will look to combat the detrimental health effects long periods of sitting potentially cause whilst helping to provide additional mental aspects of concentration and alertness. This form of physical activity can be as simple as an 'Active Minute', to improve blood flow, posture stretch out any tight or unused muscles and lead to better work productivity. 'Active Minutes' will be suitable for a board room environment and for employees of all ages and abilities wearing business or smart attire.</p> <p><b>If your organisation, school or business centre would be interested in finding out more about how Active Launceston can assist in providing 'Active Minutes', please contact us on the details over page.</b></p>

## Active Launceston Appeal

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.utasalumni.org.au/donate](http://www.utasalumni.org.au/donate) and follow the links to the Active Launceston Appeal.

ALL DONATIONS, LARGE OR SMALL ARE GREATLY APPRECIATED

Move More, Live More! [www.activelaunceston.com.au](http://www.activelaunceston.com.au)



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Programs, Events & Initiatives  
SPRING 2016

Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity. Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers and targeting those with the highest need. For more information on any of the initiatives listed below please visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Move More, Live More!



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INITIATIVE	WHO	WHAT
Active Sports	General community, families	Active Sports is a program developed to support local sporting clubs by encouraging community members to reengage with traditional sports. This program is a good opportunity for families or friends to get together and return to a sport they used to play or even try something new.
Active and Inclusive	People with a disability	Active and Inclusive encourages children and adults with disabilities to get involved and participate in physical activity. Developing skill levels will improve stamina and strength and will add to quality of life. The program is supported by adapted equipment, staff training and resources.
Active Parks	General community, sedentary adults and families	Multiple sessions each week such as Tai Chi, Stretch and Strengthen, Gentle Exercise and Fun and Fitness held in parks across the municipality. This program breaks down social and geographic barriers and encourages the multiple uses of parks and outdoor spaces.
Active NICS	General community, sedentary adults and those suffering from a chronic condition	A program located in the Northern Integrated Care Service building targeting those with a chronic condition, general community and employees or volunteers within the surrounding services. The program will provide gentle exercise sessions catering for those less active in the community.
Active Kids	Children under the age of 5, parents and guardians	Active play sessions that utilise everyday equipment that would be found in most homes and day care centres. Active Kids provides teachers, carers and parents with lots of ideas of how to keep their children active every day. Sessions are self-paced, fun and cater for a range of ages and abilities.



# Programs, Events & Initiatives

## SPRING 2016



**Note:** To find out more, please visit our website for more information [www.activelaunceston.com.au](http://www.activelaunceston.com.au) or call (03) 6324 4027.