



Tamar Bike Users Group secretary Anna Povey, Mayor Albert van Zetten, Active Launceston coordinator Lucy Marshall, and Tamar Bike Users Group president Malcolm Cowan get behind the message in the Brisbane Street Mall. Picture: SCOTT GELSTON

Time to exercise your right to get fit

By PIP LEES

IF you need an excuse to get active and walk to work then a free breakfast might do the trick.

A community breakfast will be served in the Brisbane Street Mall.

The Pedestrian Council of Australia reported that Tasmania was at the top of the national awareness figures for their annual National Walk to Work Day.

Active Launceston has urged local businesses to reap the rewards of getting their employees fit and healthy with campaigns such as Walk to Work Day.

"If people are healthier there will obviously be fewer sick days and absenteeism, and business will benefit from increased productivity and creativity," Active Launceston manager Lucy Marshall said.

Launceston Mayor Albert van Zetten said he made it a personal aim to jog three times a week and would like to see others follow suit.

"I think it is vital, not just for fitness and health but for thinking and decision-making," he said.

Launceston was recognised for being the State's most active city, acknowledging the Active Launces-

FAST FACTS

WHAT: Walk to Work Day free breakfast

WHERE: Inveresk car park to the Brisbane Street Mall.

WHEN: Friday, October 2 at 7.30am.

At The Heart Foundation Local Government Awards, Launceston City Council was named the Healthy Weight category winner for actively involving the community in promotions such as Walk to Work Day. A second part of the campaign, Ride to Work Day, has been coordinated with Tamar Bicycle Users Group to help people wishing to take up cycling.

Ride to Work Day will be held on October 14 and will also offer a breakfast in the mall.

Tamar Bicycle Users Group secretary Anna Povey said she was excited about the new bike buddy concept. "If you don't know a safe route from your house to work on your bike, the T-BUG will provide you with a bike buddy," she said.

"This person will help and mentor you until you feel comfortable riding to work on your own."

To get involved in either of these