



PROGRAMS, EVENTS & INITIATIVES

FREE PHYSICAL ACTIVITY

Active Launceston is a community driven project aimed to improve the health and wellbeing of the people of Launceston through increased participation in physical activity. For more information on any of the initiatives listed below please visit the website www.activelaunceston.com.au

INITIATIVE		WHO	WHAT	WHEN
Active Parks		General community	Sessions such as Tai Chi, Gentle Exercise, Stretch and Strengthening and Fun and Fitness held in parks across the municipality.	Day light savings period, up to 7 sessions per week
GOLD (Growing Older Living Dangerously)		Older adults (over 50)	Variety of activities such as rock climbing, sailing, horse riding and Zumba held in various locations across the municipality.	1 session per month
Active Bike		General community	Sessions designed to increase confidence and knowledge about riding safely on the road and to discover the recreational trail network of Launceston. Bikes and helmets available for use free of charge.	2 programs per year, 1 session per week for 8 weeks, during spring and summer
Active Aquatics	Active Aqua	General community	General aqua aerobics class	1 program per year, 1 session per week for 8 weeks, towards the end of the year
	Active Swim	Those from culturally and linguistically diverse backgrounds	Basic water safety and learn to swim program	1 program per year, 1 session per week for 8 weeks, towards the start of the year
	Active Hydro	Those recovering from illness, injury and suffering from pain	Hydrotherapy sessions for those recovering from a physical injury or illness or those who need support managing painful joints due to severe arthritis or the like.	1 program per year, 1 session per week for 8 weeks, towards the end of the year
Active Launceston Expo		General community	Come and try day - free community event showcasing everything that is active in Launceston	1 event per year
Active Workplaces		Employers/employees	Program to support workplaces to start a health and wellbeing program for their employees.	1 program per year
Activate Your Life		Sedentary adults - Those at risk of suffering from a chronic condition or suffering from a chronic condition	Activate Your Life uses a modified Get Active Program to engage this target group in making lifestyle changes and overcoming barriers to participation in physical activity. Participants must be referred by Allied Health professionals or General Practitioners.	1 program per year, 1 session per week for 7 weeks, at the start of the year



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Active and Inclusive	Those with a disability	Program aims to increase the participation of both adults and children living with a disability. Active and Inclusive utilises modified traditional fitness classes and Sports Ability Hub activities.	1 session per month
Active Walk Run	General community	Walking, jogging and running program designed to keep community members active over the cold Tassie winter months.	1 program per year, 1 session per week for 12 weeks, in the middle of the year
Active and Alive	Disengaged young people 12-25	One positive risk taking activity per month including sessions such as rock climbing, judo, mountain biking and caving.	1 session per month
Active Garden	General community	Community gardening program designed to promote gardening as a legitimate and very beneficial form of physical activity.	1 program per year, 1 session per week for 12 weeks, in the middle of the year
Active Kids	Children under the age of 5 and primary aged children	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.	1 session per week for 10 weeks, at the end of the year
State and National Initiative Support	General community	Active Launceston coordinates events for State and National initiatives such as Ride to Work Day and Walk to Work Day. The project has also supported numerous events such as Harmony Day and Mental Health Week.	Each event held once per year
Inveresk Park and Walk	General community	Free car parking spaces provided at the round house car park in Inveresk. Open to the public each working day between 7am and 7pm.	Open every weekday excluding public holidays
Point of Decision Marketing	General community	Signage that can be installed in public buildings encouraging people to use the stairs instead of the lift.	Available from Active Launceston
Active Launceston Website	General community	One stop shop for information on everything that is active in Launceston. Including groups, events and personal pages. Individuals can even track their own physical activity participation.	www.activelaunceston.com.au
Other activities and promotional initiatives	General community	Active Launceston supports and provides numerous other activities such as the GP and Allied Health Forums, support of Move Well Eat Well and the Rocherlea Suburban Walking Maps.	