

'Move More, Live More' with Active Launceston....

The following is a brief outline of the events, programs and initiatives of the Active Launceston (AL) project. This list will continue to grow and develop over the project period.

1. Events

Walking Events

Name	Description	Timeline
AL Walk to Work Day	WALKING - Promotion of the national initiative Walk to work day.	3 Oct 08/09
AL Giant Walk	WALKING - GIANT WALK - Launceston to take part in the nation wide Guinness Book of World Records attempt to have the most people walking for 1km.	1 Sept 08 2pm
Get Walking Week and UTAS Park and Walk	WALKING - Project Coordinator part of the steering committee for this state wide initiative. Walk and healthy breakfast held for UTAS staff and students.	5 th - 12 th Nov 08
Launceston Ten fun run and walk	WALKING / RUNNING - Project Coordinator part of the steering committee for this fantastic community event.	20 th July 2008

Cycling Events

AL Ride to Work Day	RIDING - Promotion of the national initiative Ride to work day.	15 th Oct 08/09
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Physical Activity Events

World Challenge Day	PHYSICAL ACTIVITY - Challenging an international community and many local communities to have more people physical activity for a certain period of time	27 May 09
AL Finale	PHYSICAL ACTIVITY - An event to celebrate the success of the Active Launceston campaign	Oct 09

2. Programs

Physical Activity and Walking Programs

AL Steps Challenge	WALKING - Contributing to the promotion of the state Steps Challenge.	August 09
AL Moving Classrooms	PHYSICAL ACTIVITY - Working with local community coaches to give students and teachers options for movement in the classroom.	March 09 - Nov 09
UTAS LIVE LIFE	PHYSICAL ACTIVITY - UTAS funded workplace health and wellbeing project for Launceston UTAS staff.	Feb 08 - Nov 09
AL Get Moving at Work	PHYSICAL ACTIVITY - Education of employers, recreation leaders and Fitness Instructors to run workplace health and well being programs based on the PPAC workplace kit.	22 Oct 08
GAP train the trainer	PHYSICAL ACTIVITY - Train leaders in the community to facilitate the evidence based Get Active Program.	13 Nov 08,09
AL GOLD	PHYSICAL ACTIVITY - Growing Older Living Dangerously - Physical Activity opportunities for Older Adults	Oct 08 - Nov 09
AL Green Gym/Better Earth	PHYSICAL ACTIVITY - Gardening program for older adults in city parklands.	March 09 - Nov 09
Active Northern Parks	PHYSICAL ACTIVITY - Expansion of the highly successful Active City Park program into the Northern Suburbs. Providing free physical activities in the outdoors i.e. yoga/tai chi	Oct 08 - March 09
AL Sports Ability Hub	PHYSICAL ACTIVITY - Sports Ability is an exciting new initiative from Australian Sports Commission designed to encourage people with disabilities to get involved and participate in sport and physical activity. Sports ability comes with specialised equipment, training and resources.	July 08 - Nov 09

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AL Activate your life	PHYSICAL ACTIVITY - Gentle exercise program targeted at reducing the barriers to participation for those that are currently sedentary.	Feb 09
AL Crank it	PHYSICAL ACTIVITY - Develop a program specifically for young people.	Feb 09

3. Promotion, Evaluation, Endorsement and Other Initiatives

AL Suburban Walking Maps	WALKING - Development of suburban walking maps which specify different routes and distance for different fitness levels.	Feb 09
AL Dog Walking	WALKING - Support numerous initiatives to encouraging dog owners to exercise their pets more often and in turn increase their own level of physical activity.	March 09
AL Point of Decision marketing	WALKING - Promotion of stair use instead of lifts and escalators in schools, retail outlets, office buildings, car parks, hospitals etc	March 09
AL Inveresk Park and Walk	WALKING AND RIDING - Free parking at Inveresk encouraging people to walk or ride to work in the CBD using the Inveresk spine or recreation trail.	August 08 - Nov 09
Physical Activity Policy and strategic planning	PHYSICAL ACTIVITY - Work with Council and State Government to develop policies and strategic direction to improve local environments to be conducive to physical activity.	18mths
AL information provision and promotion	PHYSICAL ACTIVITY - Newspaper, radio and television advertising of AL initiatives	18 mths
Growing Futures Conference	PHYSICAL ACTIVITY - Project Coordinator part of the steering committee for this educational conference on the health and wellbeing of children and their families.	17 th /18 th May 08
AL information provision to GPs	PHYSICAL ACTIVITY - Promotion of AL initiatives to GPs and Practise Nurses.	26 Nov 08
AL and Examiner Active Attack	PHYSICAL ACTIVITY - Utilising local identities and Exercise Physiologist students to promote the Active Launceston initiative through a fitness challenge in the local newspaper.	Nov 08 - Nov 09
AL Website	PHYSICAL ACTIVITY - Interactive website including individual pages, group discussions, surveys and events databases.	Aug 08
AL Endorsement	<p>PHYSICAL ACTIVITY - Many opportunities to be physically active have been created and enhanced through the Active Launceston project. Along with the events listed in the table above the 'Active Launceston' project has endorsed the following initiatives.</p> <ul style="list-style-type: none"> • Swing Dancing - SWING PATROL • Tamar Valley Cycle Challenge • Great Western Tiers Cycle Challenge • CHAT Pram Walking Groups • University Sports Center • Heart Foundation Walking - Wednesday Walkers • Fit 'n' Kicking • Launceston Mountain Bike Club • Womens MTB Skills Clinic - Wild Where Promotions • Leg IT - Leukaemia Foundation • Dance Fit - Dance Fit • Coast to Coast for Canines - Guide Dogs Tasmania • Senior's Move it or Lose It Fitness Class - PCYC • Lap it Up - St Patricks College • 2009 Touch Football Season - Launceston Touch Association • Trex in the City - Launceston City Council <p>Endorsement of physical activity events and initiatives is given to those that reflect the goal and relate to the objectives of the project.</p>	
Evaluation	PHYSICAL ACTIVITY - Measuring and reporting the outcomes of the AL project.	Pre and Post and throughout the project.

Check out the Active Launceston website for more information

www.activelaunceston.com.au

