



Active Launceston
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OFFICE OF THE PRO VICE-CHANCELLOR (TEACHING & LEARNING)

'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 for 2009. This list will continue to grow and develop throughout the year.

1. Events

Walking Events

Name	Description	Timeline
AL Walk to Work Day	WALKING - Promotion of the national initiative Walk to work day.	2 Oct 09
Get Walking Week	WALKING - Promotion of the state initiative Get Walking Week.	Nov 09

Cycling Events

AL Ride to Work Day	RIDING - Promotion of the national initiative Ride to work day.	14 Oct 09
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Physical Activity Events

How Do You Do IT? World Challenge Day	PHYSICAL ACTIVITY - Physical activity Expo in Launceston's City Park incorporating World Challenge Day - 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

Swim IT	PHYSICAL ACTIVITY - Swimming education program for women from culturally and linguistically diverse backgrounds.	March 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 09 - Nov 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 (external funding required)	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
AL Activate your life	PHYSICAL ACTIVITY - Gentle exercise program targeted at reducing the barriers to participation for those that are currently sedentary.	Feb - March 09
AL Crank it	PHYSICAL ACTIVITY - Develop a program specifically for young people.	Sept 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 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
AL information provision to GPs	PHYSICAL ACTIVITY - Promotion of AL initiatives to GPs and Practise Nurses.	July 09
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.	18mths
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"> • Tamar Canoe Club • State Bike Week • Swing Dancing - SWING PATROL • Tamar Valley Cycle Challenge • Great Western Tiers Cycle Challenge • CHAT Pram Walking Groups • University Sports Centre • 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

