

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



HIGH NUMBER OF AUSTRALIAN ADULTS OVERWEIGHT

With recent information released by the Federal Health Department revealing that 61.3 per cent of adults in Australia are overweight or obese and 72 per cent do not exercise enough, Active Launceston has coordinated a walk to work from the Inveresk Park and Walk car park to mark national Walk to Work day (2 October).

Launceston Mayor Albert Van Zetten, who joined the walkers at the car park and walked into the city before enjoying a free, healthy breakfast, said walking was a simple, free activity.

“People today are really busy and struggle to maintain regular exercise,” he said.

“National Walk to Work day is a great time to start exercising.

“Walking is an easy, enjoyable, safe and sociable method of exercise and it makes you feel good.

“By walking to work, people can get their daily exercise done before work, so they can focus on the day ahead and feel more energised.”

Active Launceston Manager from the University of Tasmania Lucy Marshall said Walk to Work day was the perfect opportunity to remind people that every step counted.

“You don’t have to walk all the way to work, just part of it,” she said.

“If you live some distance away from your work, catch the bus, get off a few stops early and walk the rest of the way.

“Or if you have to drive to work, use the Inveresk Park and Walk car park as we did today.

“Taking the stairs instead of the lift is another good option.”

Active Launceston is a community project to improve the health and wellbeing of the people of Launceston through increased participation in physical activity,

The project is led by the University of Tasmania with support from the Launceston City Council, the Education Department, The Examiner newspaper and the Trim and Fit International Association for All.

Walk to Work Day is a key event during Get Walking Tasmania (GWT) month.

GWT is a statewide walking initiative of the Premier's Physical Activity Council and is coordinated by the Heart Foundation

GWT, now in its eighth year, highlights the many health and social benefits of regular walking.

This year GWT has extended from a week to a month.

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