



8 September 2009

Move More, Live More

www.activelaunceston.com.au

Issue: 8



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.

Active Launceston Update

Spring has sprung and it is time to increase your levels of physical activity.

Active Launceston is coordinating and supporting a comprehensive suite of activities during the upcoming season for you and your family to get involved in.

Winter programs have been a great success with the Active Walk Run program attracting over 290 participants! This program will be back next year for sure!

Active and Alive, a program for young people, has also been a great success with participants enjoying rock climbing, mountain bike riding, judo, boot camp and contemporary dance.

The evaluation of the project continues with four focus groups coordinated by an external facilitator last week. If you missed the focus groups but still want to give us your feedback jump on line and fill out our survey by [following this link](#).

Rocherlea are soon to have their very own walking maps to help community members plan suitable walking routes around their suburb that are suitable to their individual ability.

Older adults have been boxing, doing yoga and circuit classes through the ongoing [GOLD](#) program.

Community members of all ages and abilities have been getting active with the [Sports Ability Hub](#) program at the UNIGYM.

So keep up the good work Launceston and check out the details of new Spring programs below.

Move More, Live More with Active Launceston!

Talent Assessment Centre

As part of the Australian Sports Commission's National Talent Identification and Development (NTID) program, the University of Tasmania would like to give you the opportunity to participate in a talent identification screening.

Your local Talent Assessment Centre (TAC) will be holding an assessment session for registered participants on the 14th of September at the University of Tasmania's Launceston Campus.

Bookings can be made online through the NTID website. visit www.ausport.gov.au/etid

Group booking can be arranged for discounted rates.

If you are interested, or know of anyone who may be a potential candidate, don't hesitate to book and test your talent!

Active Launceston Calendar

Active Launceston Expo 2010 - Supported by the Tassie Hawks

4.00pm - 7.30pm Wednesday 3rd of February 2010
Aurora Stadium Launceston.

The 2010 Active Launceston Expo will be bigger and better with our support from the Tassie Hawks!

There will be heaps of physical activities to come and try, along with demonstrations, displays, health information, giveaways, freebies, Tassie Hawks footy players, fitness centres, sports clubs, community groups, activities for the whole family and it is all FREE.

Expression of Interest process for providers will open in October.

For more information contact lucy.marshall@utas.edu.au or phone 6324 4047

Active Bike

Following the success of the autumn program Active Bike is back for spring.

Have fun riding with a group, discover Launceston's recreational trail network and learn more about riding safely in traffic.

The 10 week Active Bike program is open to anyone over the age of 15 who owns their own hybrid bike or mountain bike and has an Australian approved helmet. The program will follow the format of the Active Parks programs and as such there are no registrations required and it's FREE!

Sessions will be held at Royal Park, Park Street between 10am - 11am, every Saturday morning from the 5th of September till the 7th of November 2009.

For more information 6324 4047 or www.activelaunceston.com.au

[View Active Bike flyer](#)

Active Garden

Active Launceston has developed an innovative new program to promote gardening as a legitimate and very beneficial form of physical activity!

In partnerships with the Northern Suburbs Community Centre and Conservation Volunteers, participants will be guided by an experienced Team Leader in Rocherlea's Peace Garden.

Active Garden is a program of community-focused conservation activities, enabling and encouraging community members of all ages to get involved in regular physical activity.

The program will provide opportunities for people of varying fitness levels to undertake appropriate and regular physical activity outdoors whilst contributing to the environment.

of Events

WOW! we have so much happening we thought we should provide all the details for you in one easy to read document!

View Active Launceston [calendar](#) here for details of initiatives taking place over the next 12 months.

YOGA at MUD with BEC

Flowing, dynamic style of yoga
WEDNESDAYS
6:00pm-7:30pm.

Or join the beginners course
TUESDAYS & THURSDAYS
7:00am - 8:30am

Bookings Essential!

Mud Fitness Studio
29 Seaport Blvd
Launceston, TAS 7250
Tel: (03) 6334 0033
wellness@mudclub.com.au
or
www.becburnsosteo.com.au

YOGA at MUD is an Active Launceston endorsed initiative.

Would you like to have your event/program/club or group endorsed?

[View the guidelines here.](#)

10 am - 12 noon Thursdays
6th August - 29th October 2009

Participants are not required to register, rather just turn up and participate and the program is FREE.

[View Active Garden flyer](#)

Walk to Work Day and Ride to Work Day

Active Launceston is encouraging community members, employers, employees and families to;

Walk to work on Walk to Work Day on October 2nd (www.walk.com.au) and

Ride to work on Ride to Work Day on October 14th (www.ridetowork.com.au)

Meet us at 8.00am at Pages in the Brisbane Street Mall for a FREE healthy breakfast, displays, demonstrations, cycling and walking advice and support.

If you live out of town, FREE all year parking is available at the Inveresk Park and Walk car park (Churchill Park Drive, Invermay) and an organised walk/ride will leave at 7.30am on both days and head into the mall via the trail network.

Remember it only takes 30 minutes of physical activity a day to improve your health!

Ride to Work Day Media Partner, ABC Radio, are giving away a free bike! So log onto their website to find out more

www.abc.net.au/northtas

Don't have a bike? Mountain Bike Tasmania will be at the Inveresk Park and Walk car park to provide you with some active transport options! If you would like to take advantage of this FREE service please phone Ian on 0447 712 638.

Don't know a safe route from your house to work on your bike? You need a Bike Buddy! Contact Anna from the TBUG to find out more 6334 6633 or fovey@intas.net.au

[View WWDRWD Flyer](#)

Active Parks

The Active Parks programs are back with the addition of a new program - Active Southern Parks.

Sessions will run during the daylight savings period, 5th October 2009 - 2nd April 2010.

Active Northern Parks

Pilates, Tuesdays, 1.00pm - 2.00pm

Ravenswood Community Park

Tai Chi, Fridays, 11.00am - 12.00pm

Caledonian Square, Invermay

Active Southern Parks

Gentle Exercise, Mondays, 10.00am - 11.00am
Nunamina Ave Reserve, Kings Meadows
Fun and Fitness, Wednesdays, 5.45pm - 6.45pm
Nunamina Ave Reserve, Kings Meadows

Active City Park (funded by Launceston City Council)

Stretch & Strengthen, Mondays 5:45pm
Fitness & Fun Wednesdays, 6:15am
Tai Chi Thursdays, 12:30pm

All sessions last for approximately 1 hour

Please note there will be no activities during the two week Christmas break (21 December- 3 January) or Active City Park sessions during Festivale (9- 15 February 2010)

[View Active Parks Flyer](#)

Get Moving at Work

Active Launceston is again partnering with The Premier's Physical Activity Council and Safe Work Tasmania Week to bring you a FREE healthy breakfast and an information session on the importance of physical activity in the workplace.

The workplace has been recognised as a critical setting in which to address physical activity and other health issues as a large number of Tasmanians spend up to half of their waking hours at work. Many are also in jobs that involve little or no activity. Workplace health and wellbeing programs provide a range of opportunities and benefits for employers, employees and the broader community. As well as improving employee health workplace programs provide productivity gains for employers through outcomes such as reduced absenteeism, staff turnover and improved morale.

The Premier's Physical Activity Council has developed the Get Moving at Work resource kit which is a simple-to-use guide for organisations, particularly employers, wishing to develop a health and wellbeing program for their organisation.

This session will also be useful for local fitness instructors, businesses and organisations to gain knowledge of the potential market that exists for workplace health and wellbeing programs within our community.

Hotel Grand Chancellor
29 Cameron Street Launceston
Tuesday 27th October
7:15am for 7:30am - 9:00am

Bookings are essential as places are limited

RSVP by phoning 6233 3928 or visit www.workcover.tas.gov.au

[View Get Moving at Work flyer](#)

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