



December 2008

## ***Move More, Live More***

[www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Issue: 2



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.

### **Move Well, Eat Well.**

[Is your school a Move Well, Eat Well School?](#)

## Active Launceston Update

It has been a fantastic first six months of the Active Launceston project and we look forward to helping you all keep fit and active in 2009!

But for now, we hope you all have a very merry and active Christmas and a fun and energetic New Year!

The Move Well, Eat Well Award will be available to Tasmanian primary schools in 2009. Similar to SunSmart, schools will be supported to meet key criteria which reinforce healthy eating and promote physical activity.

## Active Launceston - hoW do YOU do iT?

Launceston's City Park  
28 May 2009  
11am - 2pm

maRK it on yOur calENDar and then waTch this spACE...

### **Activate Your Life**

Do you have patients/friends or family at risk of chronic conditions such as diabetes or heart disease?

## Tamar Valley Cycle Challenge

Endorsed by Active Launceston and presented by Finance Broker of Tasmania

In its inaugural year, whether you are a beginner or an expert rider, this event will provide you with a great opportunity to explore the beautiful Tamar Valley in a fun and safe environment.



Would you like to help your sedentary patients/friends or family get active?

When: Sunday 21st December  
Start: Exeter High School  
Finish: Windsor Park

Distance: 25 km or 100 km

Registration: \$25.00

Would your patients/friends or family benefit from a consultation with an Exercise Physiologist and a Fitness Coach?

Do you want to provide your patients with free physical activity options?

Activate your Life will help

[www.tas.cycling.org.au](http://www.tas.cycling.org.au)

**Start Times:**

100 km ride 9.00am

25 km ride 9.30am

Event hosted By Launceston City Cycling Club.

On completion of the ride a BBQ will take place at the Launceston Football Clubrooms.

## School Holiday Programs

Active Launceston has endorsed three school holiday programmes that provide physical activity for your children this summer.

### [Launceston Sports Weeks](#)

"Be Active These Holidays"

Launceston Sports Weeks is managed by qualified teachers Brent and Eva Dean, who share over 15 years of Physical Education and Classroom teaching experience. Conducted at St Patricks College, Launceston Sports Weeks provide varied and exciting programs for children during the summer holidays.

### [Get in the Game, READ!](#)

Brought to you by the Launceston Library, this school holiday program provides activities for children aged between 8-12 years. Activities include orienteering, circus skills, indoor bowls, cricket, brawns and brains and hockey.

### [Kev's Tricycles, Christmas Holiday Program](#)

Two hour tricycle and bicycle programs will operate over the school holidays riding at Heritage Forest and other parks.

It's fun, they are safe and easy to ride, a great way to exercise!

Follow the links to the Active Launceston website for more information as bookings are essential.

your patients/friends /family overcome barriers to participation in physical activity and assist them in improving their overall health and wellbeing.

'Activate Your Life' is a free program funded by the Active Launceston Project in Partnership with Women's Health North.

The program is aimed at both men and women who are currently sedentary and at risk of or who currently are suffering from a chronic condition.

The program will run over a 7 week period. Sessions will be held at the Launceston Bowls Club, Royal Park.

10:00 am - 12:00 noon  
Friday 27th Feb - Friday 10th April  
Transport is available.

Referrals and full health checks required.

Email [Lucy Marshall](mailto:Lucy.Marshall) for more information.

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