



January 2009

Move More, Live More

www.activelaunceston.com.au

Issue: 3



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

Welcome to 2009, your year of activity and good health!

For those of you registered on the Active Launceston website now is a great time to enter the details of your physical activity participation over the last few weeks, might be time to get back into that routine!

If you are a group owner, don't forget to upload your new schedules, rosters, events and programs.

Move More, Live More with Active Launceston!

Active Launceston - hoW do YOU do IT?

We all keep active in different ways, so how do you do it? This community event will showcase a variety of activities to keep us all moving!

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

Please note this event was previously promoted with the incorrect date. Apologies for any inconvenience caused.

Endorsement

Is your club, association, fitness center, group, program or event endorsed by Active Launceston?

The 'Active Launceston' project will consider endorsement of

Active City Park and Active Northern Parks

These initiatives offer a range of FREE outdoor activities to residents of all ages.

It is a great way to not only get active but meet new people in a relaxed environment and have fun.

This year Active City Park and Active Northern Parks will have packed schedules with six sessions each week running through until the end of the daylight savings period.

Active City Park

Pilates/Yoga - Tuesdays
5:45pm
Fitness and Fun -
Wednesdays 6:15am
Tai Chi - Thursdays
12:30pm

Active Northern Parks

Gentle Exercise
Mowbray Heights Primary
School
Mondays 9:30am

Pilates/Yoga
Ravenswood Community
Park

physical activity events and initiatives that reflect the goal and relate to the objectives of the project. There are currently 19 activities endorsed.

Endorsement will allow organisations to use to the 'Active Launceston' branding in the promotion of their event or initiative.

This branding will recognize the event or initiative as being involved in a broader physical activity network that is contributing to the achievement of the goal of Active Launceston.

Gaining Active Launceston endorsement will also allow events and initiatives to be supported in numerous ways such as promotion through local newspapers, Active Launceston newsletters and updates, inclusion on the Active Launceston website and any other non financial support that the Project Coordinator can provide such as writing Media Releases, helping to organise launches etc

For more information or to complete the endorsement form visit the website www.activelaunceston.com.au

© Active Launceston 2008

www.activelaunceston.com.au

This project was funded by the Australian Government Department of Health and Ageing



[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to lucy.marshall@utas.edu.au by lucy.marshall@utas.edu.au.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Walker Designs Pty Ltd | 462 Wellington Street | Launceston | 7250 | Australia