



15 June 2009

## *Move More, Live More*

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

Issue: 7



**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

The Active Launceston project has received a further \$195 000 of funding from the Tasmanian Community Fund. This funding will be used over the next three years to support Active Launceston initiatives. This amount is in addition to recently received funding from key partners University of Tasmania, Launceston City Council and Sport and Recreation Tasmania to fund the projects core management for the coinciding years.

The Active Bike program was a great success with over 100 participants taking part. Active Bike will recommence sessions from the 1st of September 2009.

Active Northern Parks will hold their final three sessions in the week of the 22nd of June. This program has supported hundreds of participants to improve their physical activity levels and has also provided community members the opportunity to visit different areas of Launceston. Active Northern Parks will commence again during the daylight savings period in October.

The Active Swim program was also very successful with 21 women from culturally and linguistically diverse backgrounds receiving expert learn to swim and water safety advice from Olympic swimming legend Shane Gould.

How Do YOU Do It? attracted around 1400 participants to City Park on the 27th of May. The day included demonstrations and sessions run by 30 physical activity providers. This was a fantastic event and we look forward to making it bigger and better next year.

**Move More, Live More with Active Launceston!**

## Active Walk Run

### Tamar Bicycle Users Group (TBUG)

TBUG is an advocacy group for cyclists in the Tamar Valley area. They hold regular meetings and address issues such as safe facilities for cyclists. New members are welcome to join this group.

TBUG in partnership with the Launceston City Council Bike Committee are holding a Bike Funding Rally in Civic Square on Friday the 19th of June at 12.30pm. This rally will be in support of Council's funding submission to the state and federal governments for major cycling infrastructure. For more information contact Malcolm Cowan TBUG President on 0417573991 or visit the TBUG website [www.tbug.bushgully.com.au](http://www.tbug.bushgully.com.au).

**Tamar Bicycle Users Group is an Active Launceston endorsed initiative. Would you like to have your event/program/club or**

3rd June - 18th August 2009 Royal Park, Park Street Wednesdays  
5.45pm - 6.45pm

group endorsed? [View the guidelines here.](#)

This new FREE initiative from Active Launceston will keep you moving throughout the cold Tassie winter months! This fun and motivational group with a safe environment will also help you discover the trail network of Launceston and get you ready for those community fun runs!

No registrations required and it's FREE!  
For more information 63 24 4047 or  
[www.activelaunceston.com.au](http://www.activelaunceston.com.au)

[View Active Walk Run flyer](#)

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