

## Media Release

### Chiefs of Staff, News Directors

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## University staff wheelie keen to lead by example

University of Tasmania employees have won a challenge by Active Launceston to see which major organisation in Launceston could get the most people on their bike for Bicycle Network's annual Ride 2 Work day on October 15.

Active Launceston challenged employees at the University of Tasmania, City of Launceston and Launceston General Hospital to go cycle-to-cycle to see which organisation had the most commuters on the day.

More than 80 people participated, which included employees from the three workplaces as well as other individuals from around the Launceston area.

The University of Tasmania led the way with 25 riders plus organisers gathering at the Newnham campus to enjoy a well-deserved breakfast.

Active Launceston congratulates the University and in particular their Active UTAS staff health and well-being program chair Associate Professor Stuart Smith.

"Ride 2 Work day is a great example of how health and well-being can be promoted in the workplace", Professor Smith said.

"I hope to see this competition continue for years to come and I encourage everyone who was involved this year to grab a friend to join them for next year's event.

The 2014 friendly competition marked the beginning of an annual event with a plaque being awarded to the winning workplace each year.

University of Tasmania Health and Physical Education lecturer Casey Mainsbridge, who is also a cycling enthusiast, said that the University's employees were riding for health, pride and fun.

"The gauntlet has been thrown and we are now looking forward to maintaining our winning status in 2015", he said.

There are a number of other opportunities for employers to encourage and support an active lifestyle for their employees.

The Pedestrian Council's Walk to Work day will be held on Friday, November 14, so those who were unsure of cycling can join Active Launceston and Diabetes Tasmania for a walk and another chance to enjoy a free, healthy breakfast.

There are also activities through the Active Launceston initiatives currently in operation which include Active Sports, Active Parks, Active GOLD and Active Kids.

For more information on either Ride2Work or Walk to Work go to: [www.bicyclenetwork.com.au/rtw/](http://www.bicyclenetwork.com.au/rtw/) or contact Active Launceston on 6324 4027.

Active Launceston is a community-driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity.

Active Launceston is managed by the University of Tasmania in partnership with Launceston City Council.

For more information please visit the website <http://www.activelaunceston.com.au/> or phone 6324 4047.

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