

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors

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## Walk to work and get active

Employers, employees and their families are being encouraged to walk to work on October 1 and enjoy a healthy breakfast in the Brisbane Street Mall.

Active Launceston Manager Lucy Byrne said ABC Breakfast presenter Penny Terry and Race Walking Tasmania accredited official Rosemary Coleman would walk from the ABC into the CBD leaving the Anne Street ABC studios at 7am.

“State walking champions will be also be joining in the walk to demonstrate the correct walking technique to Penny to ensure she doesn’t receive a red card from Rosemary,” she said.

Community members are invited to join in this walking challenge or simply walk from home straight to the mall where there will be a free breakfast served between 7.30am and 8.30am.

“As walking is an easy, enjoyable, safe and sociable method of exercise, National Walk to Work day on October 1 provides the perfect opportunity for people to get their exercise for the day, and demonstrates just how easy it is to exercise on a daily basis,” Ms Byrne said.

As council is a major project partner in Active Launceston, Mayor, Albert Van Zetten will join the celebrations.

Walking advocate and Pedestrian Council of Australia chairman Harold Scruby said many Australian companies were spending thousands of dollars on corporate training and motivation programs and yet relatively little on physical activity.

“There is overwhelming evidence proving that employees who are physically active, especially before work, are significantly more productive,” he said.

“There are some really simple ways in which organisations of all sizes can support their employees to becoming healthier, through easy and effective exercise like walking.

“Walking to work, walking up stairs, walking at lunch time and walking home are all great ways of building more walking into the lives of the work-force. Even 15 minutes before and after work each day can significantly enhance productivity and reduce absenteeism.

Two other major Walk to Work Day events across Launceston include:

- Prospect Supa IGA management stepping it out to set an example for their staff by walking to work from Kings Meadows to Prospect, followed by a presentation and breakfast;
- Unigym Launceston providing an opportunity for staff and students of UTAS to enjoy a free healthy breakfast following their walk to work.

National Walk to Work day on 1 October will be the first event of Get Walking Tasmania, a month-long program of community-driven walking events and activities in October.

Visit [www.walk.com.au](http://www.walk.com.au) to register as a Walking Workplace or register your individual Pledge to Put your Feet First.

Information and event registrations for Get Walking Tasmania month are available at [www.getwalking.tas.gov.au](http://www.getwalking.tas.gov.au).

For more information please call (03) 6324 4027 or visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

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