

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: TUESDAY 27 SEPTEMBER 2011

ATTENTION: Chiefs of Staff, News Directors

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## Active Launceston Expo gets into gear

If it's fun and keeps you fit, tomorrow's third annual Active Launceston Expo will showcase it to the public.

The 2011 Active Launceston Expo will be held at the Launceston Silverdome, tomorrow, Wednesday, September 28, and promises to pack a punch.

Active Launceston spokeswoman Victoria Bick said one of the highlights from the day would be the 1.30pm 'lifestyle challenge' – an event which sees competitors pushing lawnmowers, wheelbarrows and vacuum cleaners in a relay race.

Some of those putting their bodies on the line for the lifestyle challenge this year include North Launceston Football Club full forward Darren Crawford, B&E Personal Banking chief executive Paul Ranson and UTAS engagement and development manager Jo Archer.

Ms Bick said more than 29 exhibitors would be included in this year's event, demonstrating activities like Zumba, cricket, hockey, boot camp, croquet, martial arts and gymnastics.

The Expo will also feature presentations by gyms, fitness centres, sports clubs, street performers, and dance groups.

This year the Expo will be split into two session times, starting with an 11:30am to 2:30pm session and a 5pm to 7pm session.

Ms Bick said the final session was particularly suited to families.

Food and refreshments will be available on site and entry is free.

"Bring your active wear, bring your sneakers and be prepared to move," Ms Bick said.

"The Active Launceston Expo is a perfect opportunity to try out some new activities, so come prepared and you're sure to have some fun!"

**For more information, contact Active Launceston project coordinator  
Victoria Bick on (03) 6324 4047.**

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