

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: TUESDAY 27 OCTOBER 2009

ATTENTION: Chiefs of Staff, News Directors



Physical Activity important in the workplace

Active Launceston and the Premier's Physical Activity Council presented information on the importance of health in the workplace at a breakfast this morning as part of Safe Work Tasmania Week.

Forty representatives from organisations across Launceston were treated to a free healthy breakfast at the Hotel Grand Chancellor in Launceston at 7.30am.

Lucy Marshall, the Active Launceston Project Manager, said workplace health is an important issue in Australia.

"Medibank Private reported in November 2005 in its Health of Australia's Workforce report that the healthiest Australian employees are almost three times more productive than their unhealthy colleagues," she said.

"People attending the breakfast discussed the Active Launceston project initiatives and the Premier's Physical Activity Council again presented the *Get Moving at Work* kit. This includes the business case for the development of workplace programs, local case studies and available program resources and tools."

The University of Tasmania is committed to supporting its employees to improve their health and wellbeing and The UTAS LIVE LIFE project was launched as a pilot workplace health and wellbeing program for staff at the northern campuses. Active Launceston is managed by the University of Tasmania and the UTAS Live Life program provides free physical activities and health information sessions for staff through until December.

Casey Mainsbridge a lecturer in Human Movement at the University of Tasmania and an Active Launceston Committee member said, "Participation from UTAS staff in this project has been pleasing to see as this is an important part of the modern workplace benefits being offered to staff by employers. Workplace health and wellbeing programs provide opportunities and benefits for employers, employees and the broader community.

"As well as improving employee health, workplace programs provide productivity gains for employers through outcomes such as reduced absenteeism, staff turnover and improved morale," he said.

Active Launceston is a community project to improve the health and wellbeing of the people of Launceston through increased participation in physical activity. For more information please visit the website www.activelaunceston.com.au

If you would like to find out more in regards to the Premier's Physical Activity Council's Get Moving at Work Kit please phone 1800 252 476 or visit the web on www.getmoving.tas.gov.au

PHOTO and INTERVIEW OPPORTUNITY

EVENT: Media are invited to attend a YOGA session for staff as part of the UTAS LIVE LIFE program.

WHO: Casey Mainsbridge, UTAS Faculty of Education and Active Launceston Committee member, Shan White, UTAS Live Life Officer, Active Launceston Manager Lucy Marshall and UTAS Staff as yoga participants.

WHEN: 1.15pm, Wednesday October 28

WHERE: UTAS Inveresk Campus Academy of the Arts - ROOM A 1181 – or outside weather permitting.

*For more information contact Lucy Marshall, University of Tasmania,
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