

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors

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## Hawks home games become Active family fun days

The Hawthorn AFL team has joined Active Tasmania to bring family fun activity days to each home game at Aurora Stadium this season to show the Launceston community that leading an active, healthy lifestyle is fun.

Active Tasmania is an expansion of the Active Launceston initiative aimed to improve the health and wellbeing of Tasmanian communities

At each game there will be a drawcard attraction, three physical activity zones for children and free health checks.

For the first game day tomorrow (**Saturday, March 22**) there will be The Big Ted jumping castle, UTAS School of Health Sciences students will host football and active play sessions while UTAS Launceston Clinical School medical students will measure blood pressure, waist circumference and other health indicators to anybody who is keen to know more about their health.

Information on healthier lifestyle choices will be available such as how to be active in Launceston and basic nutrition for children and adults. There will also be fresh fruit and some giveaways.

Hawthorn Football club Tasmanian operations manager Shayne Stevenson said this is a fantastic opportunity to engage the community in family friendly activities and to promote active, healthy lifestyles.

“Hawthorn is aiming to provide new and exciting activities for Tassie footy fans to experience at Aurora Stadium and we would like to thank Active Tasmania for making our vision a reality.”

Active Tasmania Project Officer Rachel Grantham said it was exciting to partner with Hawthorn to bring these activities to the Launceston community and that she hopes to see a large number of people getting involved..

The Hawks will play Brisbane Lions tomorrow at Aurora Stadium. Gates open at 2:30pm with kick-off at 4:40pm.

Active Tasmania aims to improve the health and wellbeing of communities across Tasmania. It provides consultancies, resources and project management to communities, groups and organisations and seeks to work with communities to develop initiatives similar to Active Launceston.

For more information on Active Tasmania and Active Launceston please visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au) or phone 6324 4027 or 6348 8178.



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