

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: MONDAY 12 OCTOBER 2009

ATTENTION: Chiefs of Staff, News Directors



Lifestyle diseases get the boot at UTAS

In National Nutrition Week UTAS students in the School of Human Life Sciences in Launceston will run a two-hour expo **TOMORROW** offering ideas on how to have a healthy lifestyle on a low budget.

I'm Cheap and Easy and Good for You focuses on physical activity and nutrition, including cooking demonstrations with vegetables and herbs raised by the students from seedlings in the university's onsite hothouse.

Lecturer in health promotion, Lesley Harrison, said in the interests of combating rising levels of lifestyle-related illnesses such as obesity, diabetes, and cardiovascular disease, Life Sciences students want to help other students on campus achieve and sustain a healthy lifestyle.

“Students participating in the organisation of the event are fulfilling a practical component of the subject, Public, Community and Environmental Health offered by the School of Human Life Sciences which gives students hands-on experience in developing community projects” she said.

Location: Outside the School of Human Life Sciences (outside the Co-op Bookshop), Newnham campus, Launceston

Time: 10 – 12pm, Tuesday 13 October 2009

Photo Opportunity: 9:45 am. **Please note – media are advised to arrive around this time while there is plenty of produce to film or photograph.**

For more information please contact

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