

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: THURSDAY 25 MARCH 2010

ATTENTION: Chiefs of Staff, News Directors



Sedentary adults overcome barriers and to get active

The second Activate Your Life program will be held at the East Launceston Bowls Club from the April 30 for seven weeks.

Those suffering, or at risk of suffering, from a chronic condition and who are currently sedentary will get the chance to receive FREE expert advice and support through this Active Launceston initiative.

Activate Your Life originally developed in partnership with Women's Health North with support from The Get Active Program; it offers a two-hour session every Friday morning supporting participants to overcome barriers they may have to participate in physical activity.

Lucy Marshall Active Launceston Manager said that sessions include Your Goals and Motivation, Your Body, Your Energy, Your Health, Your Safety, Your Stress and Your future”

“Each session is taken by a professional in the field,” she said.

Participants interested in becoming part of this program must be referred by their GP or allied health professional.

Each week the participants will have the opportunity to also do some physical activity with the East Launceston Bowls club, including learning bowling skills.

According to Janine Coombes from Community Focus who evaluated the 2009 Activate Your Life program, Activate Your Life demonstrates that it is possible to engage in physical activity small groups of people from different backgrounds with complex health issues, who are living on low incomes.

During the weeks that the program was operating participants made some significant changes to their lives including:

- Increasing physical activity levels and fitness;
- Improving self-assessed health and wellbeing;

- Changing their eating habits (e.g. cutting down the size of meals, eating healthier foods, cutting out fatty foods)
- Increasing mobility;
- Increasing social connection;
- Gaining more confidence to 'get out and about' and join other groups.

For more information on this program please contact Active Launceston on 63244047 or visit the website for a referral form www.activelaunceston.com.au

Media are invited to a photo and interview opportunity.

Who: East Launceston Bowls Club Representatives, Lucy Marshall Active Launceston manager, past participant Tina Goldstraw and 2010 guest speaker (TBC)

Date: Friday 26th March 2010

Time: 10.30am

Location: East Launceston Bowls Club, High Street Launceston (next to Launceston Aquatic)

**For more information contact Lucy Marshall, University of Tasmania,
ph. 6324 4047**

Information Released by:

The Media Office, University of Tasmania

Phone: 6324 2318 Mobile: 0438 510616

Email: Media.Office@utas.edu.au