

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: TUESDAY 21 OCTOBER 2008

ATTENTION: Chiefs of Staff, News Directors



Physical Activity important in the workplace

Active Launceston, Launceston Chamber of Commerce and the Premier's Physical Activity Council will present information on the importance of health in the workplace at a breakfast tomorrow morning as part of Safe Work Tasmania Week.

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

Lucy Marshall, the Active Launceston Project Coordinator, 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.

"So the breakfast will discuss Active Launceston project initiatives and the Premier's Physical Activity Council will present the new *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."

According to the manager of the Premier's Activity Council, Brook Teal, the kit is a simple to use guide for organisations, particularly employers, wishing to develop a health and wellbeing program.

"We developed the *Get Moving at Work: A resource kit for workplace health and wellbeing programs* with support from WorkCover Tasmania," he said.

Launceston Chamber of Commerce Executive Officer, Lou Clark, said that 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," she said.

Active Launceston is a community project to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.

The project is led by the University of Tasmania with support from the Launceston City Council, the Education Department, The Examiner newspaper and the Trim and Fit International Sports For All Association.

The Premier's *Get Moving at Work* kit is available on line at www.getmoving.com.au

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