

# MEDIA RELEASE



**NEWS FROM THE UNIVERSITY OF TASMANIA**

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ATTENTION: Chiefs of Staff, News Directors

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## Health at the heart of Cradle Coast Campus

The UTAS Cradle Coast campus' new Wellness Centre was officially opened today by UTAS Vice-Chancellor Professor Daryl Le Grew in a ceremony attended by staff and students.

The \$650,000 Centre incorporates exercise, relaxation and recreation areas to accommodate the social, physical and recreation needs across the UTAS Cradle Coast campus.

“In today’s world, it is crucial for people to strike a balance between work and life commitments,” UTAS Sport and Recreation State Manager Gina Poulton said.

“The Wellness Centre is designed to help encourage and support campus staff and students to achieve healthy lifestyles and to provide an opportunity to optimise their wellbeing in the work environment.

“It promotes the ‘healthy body, healthy mind’ notion and encourages a balanced approach to work, life and study and therefore a more holistic approach to health and wellbeing.”

Located in the campus’ new building, the Federally-funded Centre includes a gymnasium room complete with five bikes, three treadmills, a cross-trainer, two rowing machines, hand weights and benches and various personal training items. A personal trainer has been employed by the Centre to offer one-on-one consultancies.

A relaxation area has also been incorporated into the Centre’s design, featuring a pool table, two table tennis tables, air hockey and table soccer games and lounges.

“The Centre provides a number of options for campus staff and students to pursue recreational activities, whether it be exercising or relaxing,” Ms Poulton said.

### **For more information contact:**

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