

# MEDIA RELEASE

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ATTENTION: Chiefs of Staff, News Directors

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## Active Launceston Expo puts fun into fitness

Get ready to move at this year's Active Launceston Expo. The third annual Active Launceston Expo will be held at the Launceston Silverdome, on Wednesday, September 28.

Event manager Victoria Bick from Active Launceston said she was thrilled to be able to showcase some of the best activities Launceston had to offer through an event that put the fun into fitness.

"Building on the inaugural event held in May 2009, more than 29 exhibitors will be there to demonstrate and run free short sessions in numerous activities including; Zumba, cricket, hockey, boot camp, croquet, martial arts, and gymnastics just to name a few," Miss Bick said.

"The Lifestyle Challenge will be on again this year at 1.30pm. It is a relay type challenge utilising lifestyle activity equipment like lawn mowers, wheel barrows and vacuums. The idea is to demonstrate the importance of lifestyle activity," Miss Bick said.

Game development officer Adam Drinkwell from Cricket Tasmania will be organising a Milo Cricket Match at the Expo.

"The Milo in2CRICKET Program is designed to introduce boys and girls aged five to 10 years old to the game of cricket. The program runs for eight weeks and each participant is actively involved in learning the fundamental skills of the game," Mr Drinkwell said.

Riverside Gymnastics Club provides recreational classes for children aged four and above. The club is the only one in the North of the state to provide Rhythmic Gymnastics classes which involve the use of hoops, ribbons, balls, ropes and clubs with a dance background.

Head Coach of Riverside Gymnastics Nicola Coote said she hoped the Expo would attract some new members.

“By being involved in the Active Launceston Expo we are hoping to increase members in our Rhythmic Classes as well as let the community know about our club,” Ms Coote said.

Ms Coote would like to see participation increase so that the club could be open five days a week, instead of its current three, to offer more variety in both classes and training hours.

The event will feature demonstrations by gyms, fitness centres, sports clubs, street performers, and dance groups.

**Information Released by:**

**The Media Office, University of Tasmania**

**Phone: (03) 6324 5019 or 0488 021 960**

**Email: [Media.Office@utas.edu.au](mailto:Media.Office@utas.edu.au)**