

INITIATIVE	WHO	WHAT	WHEN
Supporting State and National Events	General community	Ride 2 Work Day Walk to Work Day	12th October November
Inveresk Park and Walk	General community	Free car parking spaces provided at the round house car park at Inveresk. Open to the public each working day between 7am and 7pm.	Open every weekday excluding public holidays
Point of Decision Marketing	General community	Signage that can be installed in public buildings encouraging people to use the stairs instead of the lift.	Available from Active Launceston
Active Launceston Information Hub	General community	The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives.	41 Frankland Street, Launceston. Ground floor of the Northern Integrated Care Service building.
Active Minutes	General community and workplaces	Active Tasmania is keen to provide 'Active Minute' breaks for meetings, conferences, forums and workshops at the University of Tasmania. Frequent physical activity throughout staff gatherings will look to combat the detrimental health effects long periods of sitting potentially cause whilst helping to provide additional mental aspects of concentration and alertness. This form of physical activity can be as simple as an 'Active Minute', to improve blood flow, posture stretch out any tight or unused muscles and lead to better work productivity. 'Active Minutes' will be suitable for a board room environment and for employees of all ages and abilities wearing business or smart attire.	If your organisation, school or business centre would be interested in finding out more about how Active Tasmania can assist in providing 'Active Minutes', please contact us on the below details. Available from Active Tasmania.
Walking Meetings	Workplaces	Active Tasmania is keen to provide 'Walking Meeting' packs to encourage employees and volunteers to move more throughout the day. Frequent physical activity will help to reverse the detrimental health effects long periods of sitting potentially cause whilst helping to provide additional mental aspects of concentration and alertness. Walking meetings will improve blood flow, posture, stretch out any tight or unused muscles and lead to better work productivity. Our 'Walking Meeting' packs will include; high visibility vests, clipboards and pens, Active Tasmania caps and drink bottles.	If your organisation, school or business centre would be interested in finding out more about how Active Tasmania can assist in providing 'Walking Meeting' packs, please contact us.

Active Launceston Appeal

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utasalumni.org.au/donate and follow the links to the Active Launceston Appeal.



Move More, Live More! www.activelaunceston.com.au

Find us on Facebook www.activelaunceston.com.au



Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity. Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers and targeting those with the highest need. For more information on any of the initiatives listed below please visit www.activelaunceston.com.au

Move More, Live More!

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Active Parks	General community Sedentary adults & Families	4 sessions each week such as Tai Chi, Stretch and Strengthen and Fun and Fitness held in parks across the municipality. This program breaks down social and geographic barriers and encourages the multiple uses of parks and outdoor spaces.	Feb – Mar
Active GOLD (Growing Older Living Dangerously)	Older adults (over 50)	GOLD is a program designed to engage older adults in physical activity in a fun and social environment (e.g. Golf Skills, Archery and Aqua Fitness). The program helps build participants confidence and allows them to try activities that they may not have participated in on their own.	One session per month from Feb – May *Limited spaces, bookings required.
Active Dance	General community Sedentary adults	Active Dance motivates and inspires participants to get moving through the use of a variety of dancing disciplines. The sessions are designed to support people to develop positive social interactions and improve participant's health and wellbeing in a fun and social environment. This program also breaks down social and geographic barriers.	1 program per year, 1 session per week from Apr – May
Active Swim	Those from culturally and linguistically diverse backgrounds	The Active Swim program aims to support participants to develop basic swimming skills, water safety knowledge and provides them with a connection to the community.	1 program per year, 1 session per week from Mar – Apr *Limited spaces, bookings required.
Active Blokes	Men	This program is designed specifically for 'blokes' in the community who want to get physically active but don't know where to start. The program will include various activities to get the blokes physically active over the eight weeks.	1 x session a week from Mar – May
Active Winter	General community, Sedentary adults & Families	Active Winter provides a supportive group environment for adults to participate in physical activity during the cold Tassie months. This program includes a variety of activities suitable for a range of fitness levels.	2 x sessions a week Apr – May
Active Kids	Children under the age of 5, Parents & Guardians	Active play sessions that utilise everyday equipment that would be found in most homes and day care centres. Active Kids provides teachers, carers and parents with lots of ideas of how to keep their children active every day. Sessions are self-paced, fun and cater for a range of ages and abilities.	1 program per year, 1 session per week from Feb – Apr



Programs, Events & Initiatives 2016

