

# How to sign up for Active Launceston



Sign up now for **ACTIVE LAUNCESTON** with the I'm In by Healthy Tasmania phone app available on iOS and Android.

Fill in your details, then register at each session by scanning your phone (QR Code) with the session coordinators phone.

If this doesn't work for you, just bring your phone along we'll sort it, or you can use our phone to register.

The app is just for signing you up, to find out more about our programs or for further app instructions, visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Project management by



[www.healthytasmania.com.au](http://www.healthytasmania.com.au)



## 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](http://www.utasalumni.org.au/donate) and follow the links to the Active Launceston Appeal.

ALL DONATIONS, LARGE OR SMALL ARE GREATLY APPRECIATED

Move More, Live More! [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Active  
LAUNCESTON



UNIVERSITY of  
TASMANIA

City of  
LAUNCESTON



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](http://www.activelaunceston.com.au)

[www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Move More, Live More!



@ALaunceston

@activelaunceston

Active Launceston

INITIATIVE	WHO	WHAT
Active Parks	General community, sedentary adults and families	Multiple sessions each week such as 'Get up and get active' and 'Gentle Exercise' held in parks across the northern suburbs. This program breaks down social and geographic barriers and encourages the multiple uses of parks and outdoor spaces. Active Parks is particularly designed for beginners and those that want to start living a healthier lifestyle.
Active Defence	11-17 yr old males and females	Active Defence is designed for young people in the community to help provide the basic skills they need to keep themselves safe. The program will include an introduction to self-defense and various martial arts over the eight-week period. Active Defence aims to improve self-confidence, control emotions, and to help young people to remove themselves from risky situations - all while getting active and having fun! Active Defence will be delivered in partnership with Tasmania Police, who will attend sessions from time to time with some practical advice on safety in the community.
Active Blokes	Sedentary 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' moving over the four weeks. Sessions are open to men of all ages and abilities.
Active Dance	General community, sedentary adults and young people	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. Sessions are open to all ages and abilities.
Active Technology	Students	Active Technology is a program that teaches students how they can use technology to become more active. This program will start to introduce how technology such as smartphones, activity monitors and video games provide an avenue for young people to measure, understand and improve their daily activities to live a healthier lifestyle. The sessions will also be designed to inspire young people towards a career in coding, gaming and technology related fields.

Please check our website and Facebook pages for program dates, time and locations.

[www.activelaunceston.com.au](http://www.activelaunceston.com.au)



# Programs, Events & Initiatives 2017

