



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

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Active Launceston programs are about helping the community come together to be healthy, but getting the community to come together in the one spot, isn't the healthy option right now.

In order to keep everyone as healthy as they can be, on behalf of the City of Launceston, we need to let you know that remaining Active Launceston sessions will be moved ONLINE for both of our current programs: Active Armchairs and Active and Alive. These can be accessed on our Facebook page – link below.

If our videos don't suit your needs, there is heaps that you can do at home to make sure you're getting in enough daily activity. To get you started, here's a couple of tips you can do at home to keep your activity up:

1. Start working on those chores/renovations/general house maintenance jobs you've been delaying. It might be gardening, it might be housework, it might be cleaning out the garage; these jobs will keep you on your feet and busy.
2. Do an exercise during every ad-break on the telly or radio.
3. Walk, walk, walk. Set a reminder on your phone or set an alarm to remind you to get up and walk around. If you've got space, get outside and get some fresh air.

Now more than ever we think it's really important that we all keep physically and mentally active, particularly when we're not able to do those things that bring us together.

Facebook page - <https://www.facebook.com/ActiveLaunceston/>

*Healthy Tasmania Pty Ltd has been the project manager of Active Launceston since January 2016.*