

Need some encouragement to get your workplace moving?

Active Tasmania

Walking Meetings

July 2015

Based on the success of the original project, Active Launceston (2008), and utilising the resources and knowledge base of the University, Active Tasmania provides consultancies, resources, and event and project management for organisations and communities.

According to the Heart Foundation of Australia (2011) and the American College of Sports Medicine (2011), it is recommended that adults should aim to reduce the total amount of time they sit during the day (their overall sitting time) as it plays a preventative role in cardiovascular disease, type 2 diabetes and obesity. Sitting down for hours on end is common position most adults practice in a normal work day and it is widely recommended that workplaces implement strategies to reduce the amount of time their employees spend sitting.

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;

- Four high visibility vests
- Four clipboards and pens
- Four Active Tasmania Caps
- Four drink bottles

If your Faculty, school or business centre would be interested in finding out more about how Active Tasmania can assist in providing 'Walking Meeting' packs, please contact the Senior Project Manager on the below details.

Lucy Byrne

Senior Project Manager (Regional Development)

Office of the Pro Vice-Chancellor (Community, Partnerships and Regional Development)

Lucy.Byrne@utas.edu.au

+61 409937421

References

- American College of Sports Medicine 2011, *Reducing Sedentary Behaviors: Sitting Less and Moving More*, pamphlet, American College of Sports Medicine, viewed 15 July 2015, <<https://www.acsm.org/docs/brochures/reducing-sedentary-behaviors-sitting-less-and-moving-more.pdf>>.
- National Heart Foundation of Australia 2011, *Sit less, move more*, pamphlet, National Heart Foundation of Australia, viewed 15 July 2015, <<http://www.heartfoundation.org.au/SiteCollectionDocuments/HW-PA-SittingLess-Adults.pdf>>.