



Diabetes Tasmania youth co-ordinator Traci Lonergan, Active Launceston co-ordinator Sharon King, Diabetes Tasmania dietitian Tim McMaster, Diabetes Tasmania dietitian Emily Gatenby and Active Launceston information officer Hayden Fox.

Picture: PAUL SCAMBLER

Walking to work big step towards healthy life

By MICHELLE WISBEY

DIABETES Tasmania and Active Launceston have joined together to launch this year's Diabetes Australia Walk to Work Day.

For the first time the organisations will work with each other to improve the health of Tasmanians.

As instances of diabetes continue to increase throughout the nation, physical activity has never been more important.

On November 14 the public are invited to meet at the Round House in Launceston at 7.30am and walk to Cube Cafe at Seaport.

Active Launceston co-ordinator and dietitian Sharon King said the walk will end with a healthy breakfast.

"We would really like to see the whole Launceston community and all the workplaces get each other involved in this," Ms King said.

"We're a bit like pied pipers on the day so we collect people as we go along.

"It's always been well attended in the past," she said.

Diabetes Tasmania dietitian Tim McMaster said he hope the event will spread awareness of the importance of regular physical activity.

"We're just becoming a society where we are getting lazy and everything's about being efficient and taking short cuts," Mr McMaster said.

"Here in Tassie, rates of type 2 diabetes are increasing quite alarmingly so we need to get people out there."

Diabetes can be managed through regular physical activity and maintaining a healthy diet.

With parking now at the Round House, Walk to Work Day hopes to show people it is possible to walk each day.