

Get Moving Tasmania



**medibank**  
P R I V A T E

# Active Tasmania

AWARDS 2008



**Award  
Nominations**

Premier's Physical Activity Council

  
**Tasmania**  
Explore the possibilities

## Local Government - City Award



### Clarence City Council

#### Clarence Bicycle Strategy Action Plan

The Clarence Bicycle Strategy Action Plan was created to represent the views of the community. The action plan aims to raise the profile of cycling opportunities in Clarence by matching the council's spending to community needs. The initiative set out to accurately reflect community views, identify what infrastructure the cycling community desires and prioritise these projects, set construction standards for future cycle ways and change council policies to ensure needs of cyclists and pedestrians are catered for. Adoption of the action plan has resulted in changes to council's policy. For example all need for development and road works in Clarence on identified bike routes must now be forwarded to the Bicycle Committee for comment. The action plan promotes cycling and walking as sustainable transport and provides options for those who choose not to drive a car.



### Clarence City Council

#### Wentworth Park Sportsground Female Changing Rooms

The Wentworth Park Sportsground Female Changing Rooms were built in response to the lack of facilities for female participants, which was identified in a recreational needs analysis that council commissioned in 2005. The Clarence City Council acknowledged this need and allocated funding over a two-year period. The council considered the comments from extensive consultation received from female participants and the facility has been built addressing these needs. The Wentworth Park Sportsground female changing rooms offer individual shower cubicles, four individual team change rooms with white boards for coaches and individual shower/toilet facilities for participants with disabilities.

### Hobart City Council

#### The North - South Track, a shared use track in Wellington Park

The Hobart City Council has built an exciting and technically challenging mountain bike track in Wellington Park. The North-South Track was officially opened in May 2008 and was built in response to the substantial growth in mountain bike riding in recent years which has placed great pressures on the track network in Wellington Park. The track was built in close consultation with mountain bike riders and takes in the spectacular scenery of Wellington Park over its total length of 2.8 kilometres. The track was designed in accordance with International Mountain Bicycling Association construction standards and impacts on natural and cultural heritage values were minimised during the planning and construction phases of the project.



## Local Government - Other Award

### Derwent Valley Council

#### Children's Educational Bike Track

The Children's Educational Bike Track is located within Tynwald Park. It was created to encourage children and families to develop, enjoy and maintain physical activity and can be used by bikes, wheelchairs, joggers, walkers, scooters and skateboarders. The visually appealing and interactive design of the track, which includes signs, intersections, a roundabout, pedestrian crossing and working traffic lights, allows users to be educated about road safety in a fun and safe environment while at the same time being physically active. The track is free and open at all hours to maximise opportunities for physical activity and is also used for road safety clinics. The track has enhanced the social infrastructure of the community, building on the existing facilities at Tynwald Park.





*Dorset Council*

Dorset Health and Wellbeing Centre

The Dorset Health and Wellbeing Centre was established by the Dorset Council to fill the void left after the closure of a commercial gymnasium in Scottsdale. The Dorset Council proactively looked at opportunities due to strong community concerns regarding lack of ongoing exercise facilities and established the new centre which runs classes five days a week. The vision is to promote health and well-being for all members of the community with an emphasis on providing a wide range of physical activities for all ages and abilities. The centre allows members of the community to access physical activity during the week, both in and out of office hours, in a safe and friendly environment with supervision and instruction to ensure enjoyment and optimum benefit.



*Huon Valley Council*

Cygnets Bike Week

The Huon Valley Council organised and encouraged locals and visitors to participate in an autumn family bike ride event. The project was conducted in the interest of promoting the health and social aspects of bicycle riding. A short route was designed for junior cyclists and their accompanying adults and an extended 35 kilometre circuit was set out for those who were seeking to undertake a longer ride. The rides were conducted along a scenic coastal route with council providing vehicular back-up support for cyclist's en route. The council also provided a healthy lunch for participants and managed all aspects of the event.



*Huon Valley Council Youth Services*

Huon Youth Fest

The Huon Valley Council's Youth Services organised a jam packed day full of fun for young people and their families in the Huon Valley. This was a free event and included access to live bands, the opportunity to play Tas Laser Skirmish, participate and workshop with Jimmy's Skate and Street skaters, Chill Out Cafe, health information stalls and activities, earth ball, eight ball and art workshops. The event was held at the Ranelagh Show Grounds and encouraged people to get active and lead a healthy lifestyle. It also offered the opportunity for young people to mix with their peers in team-building activities.



*Sorell Council*

Healthy Intervention Program  
incorporating B Happy, B +ve and B INFORMED

The Healthy Intervention Program targets three to eighteen year olds within the Sorell Municipality through three programs; B Happy, B +ve and B INFORMED, all focussing on nutrition, physical activity and wellbeing. The projects have a focus on fun and participation rather than competition and aim to promote physical activity in a positive way, encouraging skill development whilst providing exposure to a variety of activities. The children have been able to participate in organised physical activities including attending kindergym at the Hobart PCYC, the Jumping Jacks Trampoline Club, attending golf skills sessions and being involved in Reclink activities such as football and cricket. The project aims to develop the skills and knowledge of children and young people in order to make informed healthy living choices.





*Waratah-Wynyard Council*

Walking Wynyard

Walking Wynyard commenced in 2006 and is a program to motivate people to exercise more frequently and break sedentary lifestyles which contribute too many of our modern illnesses. Wynyard has over 16 kilometres of walking trails and 35 kilometres of footpaths ranging from flat to undulating terrain which is easily accessible. Significant editorial coverage is provided in the local press along with advertising to promote the two major annual walks. Ongoing organised walks occur on a weekly basis departing Gutteridge Gardens on a Sunday morning, usually for 90 minutes in duration. The walks are open to anyone and during more recent walks complementary health messages have also been promoted. As a public health initiative, Walking Wynyard builds self reliance and self determination in individual health care.

**School or Group of Schools Award**



*Beaconsfield Primary School*

Daily Fitness and Active After School @ Beacy

Beaconsfield Primary School's Daily Fitness Program is designed to increase the fitness and participation levels of all students from kinder to grade six. Daily Fitness is held in the morning with all classes participating. It is organised by trained Daily Fitness Leaders and student leaders who set a wonderful example in enthusiastic participation and leadership skills. Active After School targets those children who traditionally may not have the opportunity to participate in extra-curricular sports activities either because of isolation or for economic reasons. The program runs for two afternoons per week beginning with a healthy snack and offering a variety of fun and challenging activities run by community and school-based volunteers. The program is free and includes bus transport for students.



*Claremont College*

Access Active at Claremont College

Access Active at Claremont College aims to achieve a varied, comprehensive and inclusive program of physical activity which focuses on active involvement and encouragement by peers. Claremont College is fully inclusive and caters for students with a range of physical and intellectual disabilities and aims to involve all students and teachers in a holistic Access Active Program. All students have access to a nutritious breakfast and the college has been creative in devising activities and games which cater for all students regardless of their physical condition or disability. In addition to classes there is an array of lunchtime sporting and recreational activities including soccer and basketball competitions, yoga, relaxation and rock-climbing with the primary focus being on fun and participation.

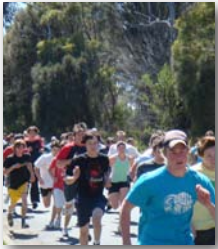


*East Ulverstone Primary School*

Fit for Life Program

East Ulverstone Primary School's Fit for Life Program encourages students from kinder to grade six to improve their fitness through participation in a daily physical education program. This is implemented by student sports leaders right across the school. The physical education teacher trains the student leaders and maintains an overview of the program. The Fit for Life Program enables all students to set personal fitness goals and strive to achieve them. They participate in school and coastal carnivals, maintain a good level of fitness, develop greater confidence and have lots of healthy active fun. Some of the types of activities that the student sports leaders offer include dance, short and long-distance running, aerobics, fitness track and skipping. The Fit for Life Program is supported by the whole community and this is reflected in the commitment from students, staff and parents.





*Hobart College*  
Get Active Program

Hobart College has developed a program which encourages physical activity among all students and staff in a supportive and safe environment. The initiative was developed through a process which involved identifying the interests of students and skills of staff available to assist in the conduct of the program. With students involved in part-time work and other commitments, it was deemed necessary to offer a vibrant, free and convenient fitness program which was readily available. In addition to its many sporting teams Hobart College has a Sport and Outdoor Centre which is open from 8.15 am to 4.30 pm with qualified staff on hand to assist with indoor climbing, weight/circuit training, organising sports competitions and encouraging casual use of the facilities. On average the Sport and Outdoor Centre has 30 per cent of the campus population using its facilities per day.



*The Hutchins School*  
Walking, Cycling and Fitness Programs

The Hutchins School developed the Walking, Cycling and Fitness Programs initiative to broaden the school's sports programs to cater for the non-competitive individual. The school has a compulsory sports policy and competes in a range of traditional sports. However, it was noticed there were no opportunities for the non-competitive student which reflects the changing nature of health, wellbeing and fitness. During 2007 the school trialled three programs; cycling, walking and weights and fitness. In 2008 these programs became stand alone sports in which boys can participate and that count towards their obligation to be involved in the compulsory sport program. There are currently 125 students enrolled in these three fitness areas.

*Kempton Primary School*  
Healthy Mind Healthy Body

Kempton Primary School's Healthy Mind Healthy Body initiative was developed after surveys of the students, parents and staff indicated a common concern regarding fitness levels, the food students were bringing to school, students low concentration levels and their struggle to cope with conflict and establish settled relationships. The initiative involved upgrading and refining the daily fitness program, running the Active After-school Communities program, running a Kids Matter program to improve student's mental health and a 0-4 program to introduce these benefits before children come to school. There are also regular afternoon sessions to promote mental health, good nutrition and fitness activities to staff, parents and the community.



*Launceston Christian School*  
Active After School Care Program

Launceston Christian School's Active After School Care program is designed to keep children active for a period of sixty minutes in the after school time period that may otherwise be taken up by passive activities such as computer games or television. It is fully supervised and free and it educates children about healthy lifestyles and encourages them to experience the benefits of physical activity in order to counteract the increasing problems of obesity in today's society. The activities are delivered by trained coaches and encourage children to invent and modify game play using basic equipment so that active play readily becomes part of everyday life. The program now has 130 children enrolled and runs three days per week due to increased interest.





*Launceston Church Grammar School*

Healthy Lifestyle for Kids

Healthy Lifestyle for Kids is an annual event run by Launceston Church Grammar School aimed at raising awareness of the importance of a healthy lifestyle. Every student was given a 'passport' to record healthy food eaten and each class ran health and fitness activities, some using pedometers. Children from prep to grade six were invited to participate in a Duathlon consisting of a run, a ride, and then a run, as well as extra-curricular family activities such as a family swim and a session at Kids Paradise. The initiative educates children and parents of the benefits of a healthy lifestyle and aims to change bad habits and attitudes through example. The activities in which the children are involved are designed to challenge them to think and plan healthy menus, and to measure their exercise so they can gauge their performance against accepted benchmarks.



*Montello Primary School*

Explore the Healthy Opportunities

Montello Primary School's initiative provides students with opportunities to participate in practical real-life experiences to promote health and wellbeing. The focus is to become one of the healthiest primary schools in Tasmania through the large amount of programs the school creates, promotes and participates in. To bring all the programs together Montello Primary School launched Health Week to celebrate the already established programs and incorporate a few new initiatives. The week was held in conjunction with the Olympics. The main benefits of the many initiatives include the ownership that the children have of each program, because they are an integral part of their creation and development. Some of the initiatives include PCYC teamwork sessions, bushwalking, healthy lunchbox days, bike education and physical challenge lunchtimes.



*Port Dalrymple School*

Dancing in the Streets

Dancing in the Streets is an active community celebration involving all schools in George Town. The community turns out in force to watch and participate. Mass dances are performed in central Regent Square with over 1 000 participants dancing to favourites such as the Hokey Pokey, Macarena and Chicken Dance. Other dances that are choreographed by students in dance classes include Ghostbusters and Bob the Builder. Students from prep through to grade ten as well as parents, teachers and even motor home visitors participate. The Port Sport Leaders and extended physical education students from Port Dalrymple School visit classes at other local schools teaching dances and preparing everyone for the collaborative event.



*Reece High School*

Summit 2 School 2008

The Summit 2 School initiative required each class and teacher to complete a relay leg enroute from the summit of Cradle Mountain back to Reece High School. This whole school and community project covered a 150 kilometre learning journey. Each relay leg included classroom work incorporating the importance of physical activity, physical activity intensity, heart rate, fitness components and physical activity recommendations. The benefits of exercise, healthy diet and nutrition were also reinforced and evaluated. Some of the exciting examples of physical activity promotion that occurred within the initiative were Summit @ Sunrise - a midnight hike to the summit of Cradle Mountain, River Roadsters - mountain bike riding from Devonport to Latrobe, Wet n Wild - waterskiing on Lake Barrington, Perfect Paddle - kayaking, and Connecting Latrobe - a cycling tribute to the Latrobe wheel race.





*Rocherlea Primary School*

Primary Aerobics and Early Childhood Fun and Fitness

The Primary Aerobics and Early Childhood Fun and Fitness initiative involves all students from Rocherlea Primary School, over a 45 minute period and is seen as a break from learning to re energise student's brains. Grades three to six take part in activities such as skipping, relays, obstacle courses, small and large ball skills, parachutes and aerobics rotating around the different stations to music. Prep to grade two students participate in skipping, hopping, obstacles, scooter boards, small and large ball play also rotating around different stations to music. Older students are role models promoting that physical activity can be fun to younger students. The aim is to make fitness an enjoyable and interesting experience and encourage physical activity from an early age.



*Rose Bay High School*

Tiger's Mountain Bike Club

The Tiger's Mountain Bike Club began at the start of 2008 when a small working party of grade nine and ten students decided to get serious about mountain biking in the school. They undertook a project in conjunction with their teacher, to plan, design and create a mountain bike track in and around the school grounds. The track had to meet certain criteria requiring it be user-friendly for the beginner, challenging for the enthusiast and safe for every rider. As a result of the student's hard work, the Tiger's Mountain Bike Club was able to add an off-road riding track to its list of resources which also includes bikes, helmets, bike racks and safety vests. The group meets in normal physical education lessons and the club's resources are used extensively by individual class groups for instructional, fitness, recreational and social fun riding.



*Sacred Heart Catholic School Geeveston*

SHAPES

Seriously Healthy Activities Positively Enriching Students

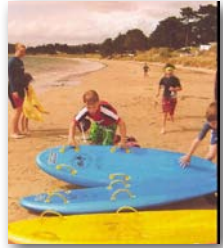
The Seriously Healthy Activities Positively Enriching Students (SHAPES) initiative challenges students to participate in activities that may take them out of their comfort zone. The initiative is more than just a sports program as students participate in many different activities that reflect the lifestyle of the area in which they live. Early in the 2008 school year students were surveyed to find out which activities appealed to them and the program is based upon this survey. Activities include fishing, first aid, cooking, boat travel, archery and lawn bowls. The SHAPES program has increased students participation in physical activity by one and a half hours per week which is in addition to daily physical education classes.



*South Arm Primary School*

Active After School Community Activity Program

South Arm Primary School's program aims to increase the physical activity levels of the primary school-age students in the community, while providing a differing range of activities and, if possible, a pathway into sporting clubs to continue and develop involvement. Nearly every student at the school has participated in at least one activity which includes a wide variety of choices such as games to target those who do not normally take part in a sporting activity. Students from other schools have been included in the program and eight parents and community members have become qualified activity providers. The program has enormous community support and includes a bike track which was constructed by volunteers with all resources donated. The school has also noticed a much wider representation of students on sporting teams.





*Taroona Primary and Lansdowne Crescent  
Primary Schools*

Whole School Daily Fitness Program and Fitness Testing Program

Taroona Primary and Lansdowne Crescent Primary Schools have both run a successful Daily Fitness Program and Fitness Testing Program for the past 13 years that has significantly improved the wellbeing of students. The programs involve 20 minutes of exercise each day and are an integral part of students' days. There are ten groups comprising of around 22 students that are made up of mixed-class groupings with students from prep to grade five. Each of the groups is led by grade six students. The leaders undergo training for these roles that rotate throughout the year. Each daily fitness group focuses on physical fitness and skills in an enjoyable, non-competitive environment. Both schools have also been running a successful Walking Bus Program during the past two years.

**Community Organisations Award**



*Arthritis Foundation of Tasmania Inc*

Tai Chi for Arthritis

Tai chi is a gentle martial art which is practised to improve health and wellbeing. Tai Chi for Arthritis is based on the Sun Style and is especially suitable for people with arthritis and other chronic conditions. It has been proven to strengthen muscles, increase balance, reduce falls, improve joint flexibility, and heart and lung function. Arthritis Tasmania identified a volunteer with arthritis to be a role model and provided training and support for the volunteer to conduct Tai Chi for Arthritis sessions in the Wynyard and Burnie communities. The program has allowed people to participate in a safe, regular physical activity for a low cost in their local area, while having fun and enjoying new friendships.



*The Asthma Foundation of Tasmania*

The Puffin Program

The Puffin Program at the Devonport Community Health Building is an exclusive and innovative exercise program. It is aimed at older adults with lung problems and shortness of breath who find it difficult to exercise due to severe breathing limitations and who normally would be too fearful to exercise and push themselves that little bit further. The group is free and enables participants to exercise in a group each week and encourages continued exercising at home. The atmosphere is informal and fun with a chance to chat and share news during non-competitive exercise. The initiative aims to increase the energy, ability, independence and personal fitness levels of participants and also improve their lung capacity and overall quality of life. Since attending the program most of the participants have remained out of hospital and are more confident during daily activities.



*Beaconsfield House*

Health and Wellbeing Programs

The Beaconsfield House Health and Wellbeing Programs provide a wide range of low-cost exercise opportunities and healthy activities for the community and surrounding areas. The programs are well promoted and educate the community of the benefits of regular exercise and inspire and motivate people to get active. Classes are of a high standard and are non-competitive in a relaxed environment. The initiative assists with setting an individual, practical and realistic exercise program for people to reach their health goals and needs and to help people manage and reduce health issues. Benefits include reduced blood pressure, stress levels, depression and arthritis combined with increased fitness, confidence, independence and friendships.





*Bicycle Tasmania*

Valet Bicycle Parking

Bicycle Tasmania's Valet Bicycle Parking service provides a secure location where cyclists can park their bikes in the knowledge that they will be cared for while attending events such as the Taste of Tasmania, the Treadlightly Festival and the Tulip Festival. The service also included reduced admission to these events. Valet Bicycle Parking encourages cycling instead of driving, providing an opportunity for physical activity as well as many other environmental, financial and social benefits. Many people would like to ride but are discouraged by perceived or real barriers. Initiatives such as this are an extremely effective catalyst to overcome these barriers. Such a service also sends a very powerful message that fosters a greater acceptance of cycling as an integral component of a healthy community.



*Claremont Little Athletics Centre*

Claremont Little Athletics Centre

The Claremont Little Athletics Centre aims to increase the athletic development of children, with an emphasis on positive attitudes and a healthy lifestyle through family involvement in athletic activities. The centre provides an environment where children can participate in numerous physical activities and places a strong emphasis on participation and improved individual performance rather than winning. It also caters to the needs of the greater community by providing a sports activity at a reasonable cost so that everyone in the family can become involved. This creates an atmosphere of community togetherness and friendship which in turn impacts on self esteem and respect, creating happier families and community members.



*Fingal Get Active Group*

Fingal Get Active Group

In 2006, the Fingal Get Active Group developed a well-organised and structured program for a walking group. The group encompassed all levels of fitness and was originally held over a six-month trial period. The walking group is still meeting on a regular basis; once a month for local walks and again once a month for a more vigorous outing. Transport is provided to address one of the common participation barriers in the area. The initiative reduces social isolation in a supportive and non-threatening environment and provides a network that encourages physical activity.



*Friends of Tasman Island*

Promote and engage physical activity with community volunteers

The Friends of Tasman Island initiative aims to promote and engage physical activity with community volunteers including weeding, track restoration, maintenance on historical buildings and safe exploration of the island. There are three working bee trips per year, which require helicopter access, where ten volunteers spend ten days undertaking physically active projects including weeding, track work and restoration and cleaning and maintenance work on the four historic buildings. Most afternoons volunteers safely explore the island with guided walks. Each year Friends of Tasman Island and Rotary facilitate an open day on Tasman Island with up to 100 visitors safely exploring the island and its historic buildings.





*Great Lake Community Centre Inc*

Thursdays at the Great Lake Community Centre

Since May 2007 a group of residents from Miena and surrounding areas have been meeting at the Great Lake Community Centre to engage body and mind in two hours of gentle exercise, stretch, yoga and then relaxation. The class is conducted by a volunteer tutor and is free to participants with only a \$2 donation requested to cover hall costs. The class is promoted throughout the area and is open to anyone. Despite the primary tutor being absent for much of 2008, the group is still meeting and running their own self-facilitating program based on the established routine. The regular utilisation of the community centre provides a hub of activity and assists in promoting Miena as a community with a welcoming and socially active centre.



*Hobart Gymnastics Academy Inc*

Development of an Educational Gymnastics Program

The Hobart Gymnastics Academy has established a new Educational Gymnastics Program which focuses on teaching children in the five to eleven age group basic gymnastic and coordination skills that provide a solid foundation for all sporting activities. The program is affordable and is divided into three age groups. Each age group has four progressive stages providing opportunities for participants to develop and advance at their own pace. Participants use a wide variety of equipment including trampolines, bars, balance beams, rings and hand held apparatus such as hoops, ribbons, balls and ropes.



*ITF Taekwon-do Tasmania Inc*

Fitness and self defence for men over 35

ITF Taekwon-do Tasmania runs a fitness and self defence class that aims to improve the fitness and flexibility in men over 35 years of age in a fun atmosphere involving games, stretching routines and dynamic kicking and punching activities. The program is designed to provide a mechanism for stress release and improve confidence and self worth. The collegial nature of the activities fosters bonding within the group that encourages continuing participation and this in turn reduces the high risk of deteriorating health that is prevalent in this cohort. The activities increase flexibility and strength, thereby increasing the ability of the participant to engage in other physical activities in both their workplace and leisure activities.



*Jumping Jacks Trampoline Club Inc*

Go Jump

The Jumping Jacks Trampoline Club offers affordable programs with easy access seven days a week to encourage participation in an activity that is fun, enjoyable and exciting, especially for youth. The Go Jump program activities include kindergym from 18 months, circus skill classes, acrobalance - acrobatics, after school and vacation care programs, disability programs, recreational and competitive training. The initiative has raised the level of fitness within the community and all club members, and has built strong community networks. The club has experienced rapid membership increase and within 18 months has increased from 15 members to 180 members and is still continuing to grow.





*Lady Gowrie*  
Get Moving Project

The Get Moving Project involved the development and implementation of a physical activity program for young children in child care centres operated by Lady Gowrie. A teacher was employed to develop the program which was facilitated by the teacher on a rotational basis with each centre throughout the week. To accommodate differing attendance patterns of the children, the days were rotated to ensure all children had access to the facilitated session. On the days the facilitator was not in attendance, the regular early childhood professionals repeated the program thus providing a consistent pattern of the physical activity program. The activities provided for the children are age and stage appropriate. The program aims to enable children to be physically competent which supports their social and emotional development and also enhances language development.



*Longford Fishing Club Association Inc*  
Creation of a kid's-only fishing dam

The Longford Fishing Club Association set out to build an avenue for families to spend time together in the outdoors while learning about and participating in a fun recreational activity. The aim of creating a kid's-only fishing dam was to foster a love of the outdoors, encourage parents and guardians to bring their children into the countryside for a fun day of fishing and to learn about sustainable fishing and angling techniques while caring for the environment. The initiative has been so successful the club membership has grown from 30 to over 170 in two years. The initiative encourages a culture of community spirit, friendship and respect for each other through a shared common interest; fishing and our families.

*MADE (Mature Artists Dance Experience Inc)*  
Creative Movement Model

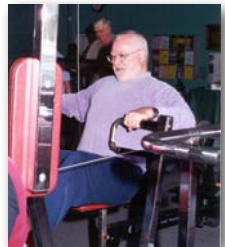
Mature Artists Dance Experience Inc (MADE) is a dance theatre ensemble of mature people that has, over its short history achieved many quantifiable goals. Along with a rapidly recognised performance stream, MADE has developed its model of outreach movement workshops which can be delivered anywhere there is a smooth surface making it accessible to all. MADE facilitates the opportunity for mature adults to engage in the performing arts in a supportive and non-judgemental environment. The open classes are creating awareness of dance and movement as a physical activity for all ages. The program aims to increase participant's mobility, flexibility, strength, balance and cardio vascular capabilities through a creative response to music.



*National Heart Foundation of Australia*  
*Tasmania Division*

Heartmoves Program

Heartmoves is a sustainable, low to moderate intensity, community based exercise program which can improve the quality of life for people living with chronic health conditions and reduce the risk of chronic diseases associated with insufficient physical activity. Safety and liability issues have been major considerations for the public, the fitness industry and health professionals when referring patients with chronic conditions. In response to this, the Heart Foundation developed the Heartmoves Program. The program facilitates specialised accredited leader training, professional indemnity/public liability cover, GP referrals and clearances, screening, risk management and progress reporting to health teams and GPs. The program offers sustainable exercise options for the management of cardiovascular disease, diabetes, arthritis, cancer, falls and depression to the significant number of Tasmanians who are living with these chronic health conditions.





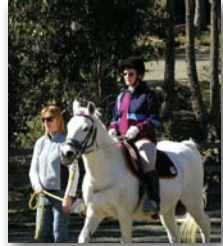
*Northern Suburbs Community Centre Inc*  
Community Recreational Outreach

The Community Recreational Outreach initiative strengthens and builds community capacity whilst connecting both young and old community members within their local area. The program is delivered through outdoor spaces within the northern suburbs of Launceston including Rocherlea Primary School oval, Rocherlea Hall, Torrens Street People's Park, Dover Street community barbeque area and Invermay Park. There has been a marked reduction in social isolation and an opportunity to promote stronger ties and awareness of what is available through local programs, local services and schools whilst having the opportunity to participate in fun recreational and social activities. The program offers information, support, referral, advocacy, health and wellbeing, creativity, music, games, sport, laughter and fun.



*Reclink Choir of High Hopes*  
Celebrating Hope through Song and Dance

The Reclink Choir of High Hopes in Hobart has incorporated movement and dance into rehearsals and for many choir members and volunteers this has provided the opportunity to move from a sedentary lifestyle to a more active one, in a fun environment. Dance and movement are an important means of expression and creativity for members during the weekly sessions regardless of performance outcomes. Attendances generally involve up to 50 persons per week and, of this number, more than two thirds are persons experiencing physical, mental and emotional disadvantage in their lives. This initiative has enabled members to celebrate hope through song and dance.



*Riding for the Disabled Association Kalang Inc*  
Equal Rights

The Riding for the Disabled Association Kalang Inc provides horse riding and carriage driving to people with disabilities in a safe and controlled setting with trained volunteers. This provides therapeutic benefit, social interaction and achievement to participants while interacting with members of the community. The Equal Rights initiative set out to give people with disabilities an alternative sport while benefiting their body with some muscle build up and muscle relaxation. Participants get a sense of freedom while on horse back, enabling them to build up confidence and gain a sense of achievement.

*Riverside Gymnastics Club Inc*  
Junior Coach Training Program

The Junior Coach Training Program is offered by the Riverside Gymnastics Club to senior gymnasts. A gymnast becomes eligible to participate when they reach high-school age. The club has experienced rapid growth in the last three years with membership increasing from 40 to 130 members, which created some problems such as the venue being too small, equipment too old and not enough coaches to take classes. There has been a recent upgrade in equipment and the venue has changed to accommodate this growth. With this the two senior coaches came up with an initiative to develop a coaching program for the senior gymnasts. The senior coaches documented and developed the program and the club has eight participants in the Junior Coach Training Program this year.

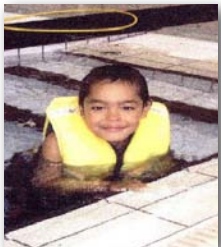




*Swansea Tidy Towns*

Duck Park, The Esplanade Swansea: Adult Gym Equipment

The Duck Park Adult Gym Equipment project involved the installation of 16 pieces of adult exercise equipment covering a range of exercise types. The equipment is brightly coloured ensuring high visibility to the community and visitors to the area. The initiative set out to achieve a facility which would encourage and provide for exercise within the community. The focus on the national obesity problem was the initial impetus, plus a lack of community exercise facilities in the area. The project also provides an attractive facility for teenagers to gather and enjoy each other's company in a way that is both healthy and stimulating. The equipment is appropriately signed so that its use is clear and the installation meets all safety standards and is of a lasting quality.



*Swimming Tasmania*

Indigenous Swimming Program

Swimming Tasmania, in conjunction with Sport and Recreation Tasmania, has developed and implemented the Indigenous Swimming Program throughout the state over five years. The program gives members of the Aboriginal community in Tasmania the opportunity to learn to swim and water-safety lessons during the school holidays. Participants in the program have increased their knowledge and experience in water safety and swimming strokes. Swimming Tasmania has also aimed at promoting the progression from learn to swim to competitive swimming and into Swimming Tasmania's development programs.



*The Tasmanian Trout Expo Inc*

Tasmanian Trout Expo

The Tasmanian Trout Expo was initially created to promote Cressy and district as the trout fishing capital of Tasmania. It involved collaboration with the local community and especially from Cressy District High School that coordinated a fashion parade and events at the school oval for the Expo. There was also a student art competition as well as an open art competition. The expo promotes healthy outdoor and indoor activities including a fishing competition at Brumbys Creek which offered good prizes and attracted a large number of participants. In all over 6 000 people attended the expo.



*Ulverstone Surf Life Saving Club*

Nemo Junior Surf Lifesaving Program

The Nemo Junior Surf Lifesaving program provides children in the four to seven age group with the opportunity to participate in a regular, supervised sporting activity which encourages participation. The initiative promotes the importance of stretching, warm-up, cool-down and hydration, highlights the importance of team spirit and fair play, and teaches all-round beach and water sport skills. It also provides children with self confidence and water safety awareness, with an emphasis on simply having fun. It engenders a whole-of-family involvement, with parents not only participating in supervision but also the training drills. Many also took the next step to becoming accredited lifesavers and coaches themselves.





*Westwinds Community Centre Inc*

Channel Wellbeing Project

The Channel Wellbeing Project focuses on increasing health and wellbeing activities to improve fitness levels, encourage social interaction and enrich people's lives. The community is able to access local classes for minimal cost with childcare available for parents. The programs have been developed at times and on days to suit a broad cross-section of the community and are taken by professional teachers with a range of classes to encourage fitness from different levels. Health literature is also available. The project is promoted through advertisements in the community newsletter, health professional referrals and by word of mouth.



*Westwinds Community Centre*

Woodbridge Community Gym

The Woodbridge Community Gym was established with the aim of providing a facility for local residents to participate in physical activities to improve health and wellbeing. Located at the Westwinds Community Centre, the gym has grown from humble beginnings in a disused hall with no equipment to its current status where it is used by up to 100 community members on a weekly basis. Six different classes per week are offered including specific classes for men, women, seniors and parents with young children. The initiative has played an integral role in getting the local community active, with participants enthusiastic about the positive lifestyle results it has produced.

**Collaboration or Partnership Award**

*The Advocate*

Fit Club

The Advocate's Fit Club was triggered by the Heart Foundation's statistics showing the Cradle Coast region as one of the unhealthiest in Australia. The aim of the Fit Club is to increase people's awareness of this problem and provide them with the motivation, support and encouragement to take responsibility for their own health and wellbeing. By signing up to be a member of the Fit Club, the commitment is to move at least 10 000 steps each day. As a region, the goal is to lose 10 000 cm from waist-lines and add an additional 6 500 starters to the Burnie Ten. The Advocate newspaper runs weekly columns over two pages setting out diet and fitness advice, as well as inspirational stories on Fit Club members. The weekly articles have increased awareness throughout the region of the importance of diet and physical activity.



*Austins Ferry-Granton Community Precinct Committee*

Austins Ferry Kite Carnival

The Austins Ferry Kite Carnival was initiated by the Austins Ferry-Granton Community Precinct Committee of the Glenorchy City Council, in partnership with council and the Kite Fliers of Tasmania Group. The Austins Ferry Kite Carnival was first held in 2007 and was so successful, attracting well over 1 000 people, it was repeated in 2008 with the likelihood of becoming an annual event. The initiative provides a day of free, family fun for residents in a safe environment. In addition to kite flying, the event includes the Taiko Drummers, Glenorchy Concert Brass, Pipe Band, Hobart Gymnastic Academy, Pulse High Energy Dance, face painters, balloon sculptures and a sausage sizzle by the Mount Faulkner Scouts.





*Austins Ferry Granton Community Precinct  
Committee*

Poimena Reserve Walks

The Poimena Reserve bush nature walks are an ongoing series of walks through Poimena Reserve in Austins Ferry. They introduce local residents and visitors to the wildlife and scenery of the reserve. The initiative set out to develop the reserve as an ideal place for people to take short walks whilst enjoying the local birds, including several endemic species, and scenery. The walks tour guide mentions the history of the area, with the guided walks usually held during Get Walking Tasmania Week, Seniors Week and for groups from Birds Tasmania and Adult Education. There is also a brochure to encourage people to take self-conducted tours on the track.



*Burnie Community House*

Shorewell Park After School Programs  
incorporating Kommunity Kids

The Shorewell Park After School Programs are a collaborative community-based approach to increase young people's physical activity. The programs aim to divert young people's energy and world view into positive experiences. This in turn has decreased anti-social behaviour and the possibility of offending in the Shorewell Park area after school. The initiative has provided extensive choices for various forms of physical activity, along with promoting closer community ties amongst all people involved. It has also introduced positive role models such as police and developed social networks between young people, police and community stakeholders. Participants have a feeling of ownership of the program and are able to positively contribute to their local community.



*Devonport Community House*

Out and About in the Garden

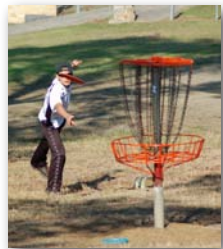
The Devonport Community House and Garden have partnered with Miandetta Primary School to provide an alternative to the school curriculum. The garden adds an element of physical activity, alternative fitness choices and learning skills around gardening, life-cycle processes, nutritional values of food groups, healthy food choices and preparation, and art therapy. The initiative involves the students in a social setting, working as a team within an environment that will also develop social skills. The main benefit of this initiative is the increased awareness by students around the value of choosing a healthy lifestyle.



*Disc Golf Group in Tasmania*

Poimena Reserve Disc Golf Course

The Poimena Reserve Disc Golf Course provides an international quality disc golf course for Tasmanians and people visiting from interstate and overseas for major tournaments. It is a low cost, relatively risk-free exercise for community members. The Disc Golf Group worked together with the Glenorchy City Council to redevelop the original nine hole course to a full eighteen holes, complete with detailed course map and instructions for playing. Disc golf players have worked with local schools, youth groups and Adult Education to provide instruction and promote the course to the wider community. Young people and families are often seen utilising the course.





*Events South*

Run and Ride the Ridge

The West Tamar Council and the Rowella Hall Committee were seeking an event in their region to make people aware of what the region had to offer and to raise funds for Rowella Hall. Events South came on board and together held a successful run in 2007, with 200 runners participating. The run is now Run and Ride for 2008 and has a children's race, a ten kilometre adults race as well as a 40-kilometre mountain bike ride around the beautiful Tamar Ridge winery. During and after the event, children's entertainment was provided including a jumping castle, horse hay rides and face painting. Twilight wine, food and entertainment carry on into the evening bringing the community together in an atmosphere of a small carnival.



*Events South/Launceston Ten*

Launceston Ten, Schools and Corporate Challenge

The Launceston Ten, Schools and Corporate Challenge encourages people of any capability to get moving and active. The event incorporates a school challenge, a corporate challenge and allows prams and wheelchairs to compete. The aim is to not have people watching but rather participating. With the training program published weekly, advertising portfolio, and the appearance of Olympians in the event for leadership, the event has succeeded in encouraging people to join walking, running, sports clubs and groups around Launceston. Participants have a great sense of achievement and increased self-worth and fitness levels.



*Lilydale Badminton Group / Lilydale School*

Lilydale Badminton Group

The Lilydale Badminton Group began when the new Lilydale school gymnasium was completed in 2006 with badminton facilities. Lilydale is situated 30 kilometres from Launceston, so the gym has increased opportunities for the local community to participate in physical activity. The Lilydale Badminton Group is made up of novice, retired and recreational badminton players who come together to have fun, increase fitness and exercise levels, and to teach younger players the sport. Volunteers and donations of shuttlecocks and rackets have kept running costs to a minimum, and the participation rate is good and steadily growing.



*Snug Landcare and Coastcare Group / Kingborough Council*

Snug River Walk

The Snug River Walk provides a circular route with interpretative panels along the river, through the township and along the beachfront. Since 2006, public meetings have been held drawing the community together for a common goal and the community has risen to the occasion by taking an active role in working bees, weeding, planting and fencing. Developing the Snug River Walk and linking it with the beachfront and local streets has increased the opportunity for local residents and visitors to get active and enjoy walking around Snug. This has also increased the opportunity for social engagement and interaction. The success of this project lies in the collaborative nature and strong partnerships developed between the community and the council.





*University Sport Centre*

Health and Wellbeing Program for Tasmanian Schools

The University Sport Centre's initiative provides Tasmanian school children with the opportunity to critically evaluate their current health and wellbeing status, participate in physical activities in a community setting, reflect on their current health and fitness, and set realistic goals for improvement. The program has been developed in line with the Tasmanian curriculum and can be incorporated into classroom teaching. Fitness evaluations are tabulated and results are returned to the schools, with comparisons to norms and averages of other Tasmanian school children. The fitness focus includes high-energy active team games, age-appropriate fitness classes and an introduction to using a fitness centre. Other activities include yoga and relaxation techniques, team-building games including games for the disabled and indigenous games traditionally used to teach aboriginal children survival skills.



Thank you to this year's nominees and all those who have so enthusiastically supported the 2008 Medibank Private Active Tasmania Awards.

It's not too early to start thinking about your entry for next years awards. In fact now is the perfect time to start implementing new physical activity initiatives in your community!