

Move more, sit less

Every bit counts!

Bec Thomas & Kristy Broomhall

Communities, Sport and Recreation
Department of Premier and Cabinet



Get Moving
 Tasmania
Premier's Physical Activity Council
www.getmoving.tas.gov.au


Tasmania
Explore the possibilities

Who here enjoys the benefits of regular physical activity?



Physical activity levels in Tasmania

Indicator	Current	2021 target
Percentage of children aged 5-12 who are physically active for at least 60 minutes each day.	62% (2009)	72%
Percentage of students aged 12-17 who are physically active for at least 60 minutes each day.	17% (2011)	25%
Percentage of people over the age of 18 who are physically active for at least 30 minutes on at least five days of the week.	31% (2011-12)	37%



What are the recommendations?

- **Move more:** at least **30 minutes** of moderate to vigorous intensity physical activity **every day**
- Muscle and bone strengthening activities on at least **2 days** every week
- **Sit less:** minimise sedentary behaviour
 - **break up long periods of sitting** as often as possible
 - be aware of time spent in front of the **screen**



What do we do?

- Premier's Physical Activity Council
- *Tasmania's Plan for Physical Activity 2011-2021*
- Physical activity promotion – Get Moving Tasmania brand
- Schools strategy
- Built environments
- Actively in Touch newsletter



Move more, sit less campaign

- Move more, sit less – every bit counts!
- You can choose to move more, sit less with everything you do.
- Some is better than none, more is better than some.
- TVCs and other advertising 27 Sept – 9 Dec 2015





BUS STOP
22

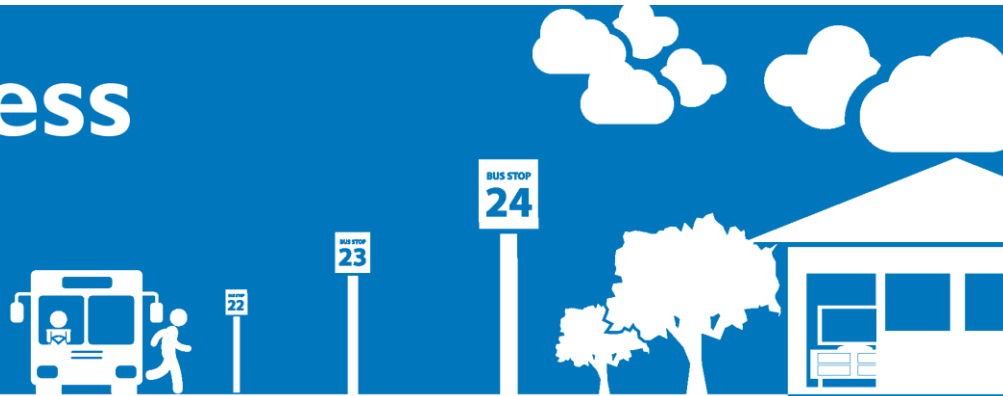
BUS STOP
23

BUS STOP
24



Move more, sit less

Get off the bus a stop or two early.
You'll feel better if you choose to move...
And every bit counts!



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Find us on 

 Tasmanian
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1000 STORIES IN
10 YEARS



SHARE YOUR STORY
inspire others to be physically active

Share your move more, sit less story!

Visit the [Get Moving Tasmania website](#) or [Facebook page](#)

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Share your move more, sit less story!

*'I braved the icy wind and rode to work this morning –
feeling invigorated, every bit counts!
#getmovingtas'*



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Further information

Contact Bec or Kristy:

- Phone: 1800 252 476 (free call)
- Email: ppac@getmoving.tas.gov.au
- Web: www.getmoving.tas.gov.au

