



City of **HOBART**

## MEDIA RELEASE

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### Have a crack with 'Healthy Hobart'

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The City of Hobart today launched an exciting new initiative aimed at getting the community active, outdoors and utilising the city's extensive network of parks and reserves.

*Healthy Hobart* offers the community 21 FREE activities over nine weeks, ranging from group fitness activities, 'come and try' sessions for rugby league and cricket to heritage walks and children and toddler based activities.

The Lord Mayor of Hobart, Alderman Sue Hickey said the Council was eager to add to the health and wellbeing of the community by running free activities aimed at improving health and wellbeing, as well as providing valuable social networks.

"We are encouraging people to get out, get active and meet people with these free activities.

"Not everyone wants to go to the gym or join their local sports team, which is why *Healthy Hobart* offers everything from kite flying, to skateboarding, to group fitness sessions out in the fresh air in our beautiful parks and reserves," said the Lord Mayor.

A report prepared by the Australian Bureau of Statistics in 2016 showed that 32 per cent of adults are obese and 67 per cent are considered overweight or obese.

"Our hope is that *Healthy Hobart* will serve to inspire our community to make exercise a regular part of their life," the Lord Mayor said.

Alderman Anna Reynolds, Chairman of the Council's Parks and Recreation Committee said the City designed the program in partnership with Healthy Tasmania.

"We want to make it easy and fun for people to participate in a range of recreation and leisure activities, while providing an opportunity to learn new skills and gain new experiences.

“Healthy Hobart is working with a number of local operators and sports organisations, making it easier for people to continue on if they find something they like, as well as helping local operators and clubs to find new members.

“Plus there are a few big names involved too. It’s not every day that you get to have your first lesson in rugby league delivered by a player from the Melbourne Storm or compare your fitness to the North Melbourne Football Club star players,” said Ald Reynolds.

The program commences on 13 February and runs through until mid-April 2017. Full details can be found at “Healthy Tasmania” app available now at the app store.

The Lord Mayor said there is no need to book, people can simply show up on the day but they should remember to bring a drink, sunscreen and a hat.

“Healthy Hobart welcomes people of all ages and abilities - hacks and tracky-dacks! Let’s get Healthy, Hobart.”

**END**

**For interview:**

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