



Media release

The Hon David Davis MLC

Minister for Health
Minister for Ageing

Monday 19 May 2014

Melbourne workers urged to get active in winter

- **City workers encouraged to move more, sit less and eat better**
- **100 Ways to Move It Melbourne program of activities**
- **Victorian Coalition Government building a healthier Victoria**

Melbourne's city workers are being urged to jump up from their desks, brave the winter chills and leap into a range of fun activities to get active and healthy around the City of Melbourne. Minister for Health David Davis today joined City of Melbourne Deputy Mayor Susan Riley and VicHealth at the City Square to launch the *100 Ways to Move It Melbourne* program of activities.

"The Victorian Coalition Government is committed to working with the community to help promote healthier lifestyles and tackle preventable diseases. That is why we delivered funding of \$1.2 million to the *Healthy Together-Active Cities Melbourne* initiative – a partnership between the Victorian Government, the City of Melbourne and VicHealth," Mr Davis said.

Mr Davis said *100 Ways to Move it Melbourne* encourages Melbourne's city workers to move more, sit less and eat better, and is a key part of the *Active Cities Melbourne* initiative to help improve the health and wellbeing of city workers.

"Workers are encouraged to get off the tram a couple of stops early, take the stairs instead of the lift, move around the office every hour and add more vegetables to their diet. During May and June, city workers will be able to try a host of free activities designed to get them moving during the lunch hour," Mr Davis said.

Activities taking place across the city during May and June include Zumba, Bollywood and Belly Dancing classes, Silent Discos, guided lunchtime walks, retro sports such as hula hooping, elastics, hopscotch and croquet, a range of Circus Oz activities, Tai Chi and Yoga classes.

Deputy Lord Mayor Susan Riley said that 17 per cent of Victoria's full time workforce is based in Melbourne.

"I encourage workers to make the most of the city during their lunch break. *100 Ways to Move It Melbourne* will help ensure that the world's most liveable city is also one of the most active and healthy," the Deputy Lord Mayor said.

VicHealth CEO Jerril Rechter said Melbourne is the sports capital of the world, but too many city-dwellers spend their entire day sitting down.

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“Sitting down all day is bad for your health, but the good news is that it doesn’t take much to get a bit of movement into your day,” Ms Rechter said.

The VicHealth’s free TeamUp app (www.teamup.com.au) is the perfect way to find physical activity inspiration. Users can list any conceivable physical activity, from a soccer game to roller derby, to a casual kick of the footy on a Saturday afternoon. People can view the full list of 100 ways to move more, sit less and eat better at www.melbourne.vic.gov.au.

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