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## AFL PLAYERS TEAM UP TO GET MORE VICTORIANS MOVING

The AFL Players' Association today announced it has joined forces with VicHealth and will take part in the *TeamUp 20 Day Challenge*, which encourages more Victorians to get moving and embrace an active lifestyle.

All Victorians are invited to join the *TeamUp 20 Day Challenge* by downloading [TeamUp](#), getting active each day, and sharing images of their participation on social media with the hashtag **#20DC**.

Participants could win TeamUp prize packs and the chance to team up with pro AFL players Scott Pendlebury and Dan Jackson.

VicHealth's free TeamUp app is available on iPhone, Android and Facebook (search for 'TeamUp' or visit [www.teamup.com.au](http://www.teamup.com.au)). It allows users to connect with others in their area who are looking for people to exercise with.

The TeamUp 20 Day Challenge begins on April 13, with participants encouraged to 'get moving' in any way they see fit.

AFL stars including Collingwood captain Scott Pendlebury and Richmond midfielder Dan Jackson are set to take part in the 20 Day Challenge, and will team up with Victorians in coming weeks.

Pendlebury says the TeamUp initiative provides a great platform for those who want to be more active, but aren't sure how to take the first step.

"Whether you want to join a local footy team or just go for a walk every now and then, TeamUp is a great way to find others nearby who are in the same position as you," Pendlebury said.

"When you're not in the habit of regular physical activity, it can be tough to take the first step. The 20 Day Challenge is a great place to start."

VicHealth's TeamUp was created to help overcome some of the key barriers to participation in physical activity. Factors such as time, social isolation, transport and cost can often hinder people's ability to exercise.

By taking away some of the leg-work involved in organising sport or physical activity, VicHealth aims to help Victorians form healthy habits that carry on long after the *20 Day Challenge* is over.

"We know that between 25 and 30 per cent of Victorian adults take little or no part in regular physical activity," VicHealth CEO, Jerril Rechter said. "With almost 20,000 people already using the app and more than 700 activities to choose from, we want to see even more Victorians sign up to get moving over the next 20 days."

Activities listed on the app include everything from AFL to abseiling, kiteboarding to karate, soccer to surfing, and running to riding.

To download the TeamUp app, visit [www.teamup.com.au](http://www.teamup.com.au) and follow the links. To stay up to date with everything the players are doing throughout the 20 Day Challenge, keep checking [www.aflplayers.com.au](http://www.aflplayers.com.au).