

Thursday, 12 November 2015

Walk to Work for Diabetes Tasmania with Active Launceston

Diabetes Tasmania together with Active Launceston will again host an event for this year's National Walk to Work Day on Friday, November 13, the day before World Diabetes Day on Saturday, November 14.

Active Launceston Information Officer Hayden Fox said that participants can join the walk at Active Launceston Roundhouse Carpark off Churchill Park Drive with a leaving time of 7.30am. "Walking is an easy, enjoyable, safe and sociable method of exercise that most people can easily join," Hayden said

Diabetes Tasmania Chief Executive Officer, Caroline Wells said "Walking was a good way to be physically active, while reducing the risk of type 2 diabetes".

"One of the great things about walking is that you can always incorporate it into your day", she said.

"If you can't walk to work try getting out at lunch time – you will certainly be more productive, have a clearer head and enjoy all the health benefits, and don't forget to regularly get out from behind your desk".

"As a regular walk to work person, I find it a fabulous way to start the day, especially on these nice spring mornings".

The walk will end in Civic Square where there will be a healthy breakfast bag given to all participants, to take away with them and enjoy, provided by Diabetes Tasmania. There will also be some giveaways provided by Active Launceston.

Visit www.walk.com.au to register and for more information and to get involved it's easy and its free!

Put Your Feet First and Make Walking Work for You.

PHOTO and INTERVIEW OPPORTUNITY

EVENT: Media are invited to attend a photo and interview opportunity.

WHO: Walkers, Hayden Fox - Active Launceston Information Officer and Emily Gatenby – Accredited Practising Dietitian Diabetes Tasmania.

WHEN: Friday, 13 November 2015. (Start 7.30am at the Roundhouse Carpark. Finish 8.00am Civic Square.)

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Dietitian, Diabetes Tasmania

Active Launceston Officer