



Doug Parkinson, MLC

Labor Member for Wellington

Wednesday, 3 May 2006

Steps Challenge Gets Moving

Please Note: The event will be launched at 11am at the Hotel Grand Chancellor, Hobart.

The 2006 Steps Challenge kicked off in fine style at Hobart's Hotel Grand Chancellor today, with Member for Wellington Doug Parkinson urging people to take up the challenge and get moving.

"The Premier's Physical Activity Council is challenging people to climb the equivalent of Mt Everest – 8848 metres – by walking or taking the stairs during the month of May," Mr Parkinson said.

"The growing popularity of this event shows that people are ready and willing to get moving.

"The Steps Challenge started in 2002 with 31 teams and that more than doubled to 80 teams registered in 2004.

"We'd like to see that increase again this year."

"In the 2006 Steps Challenge, participants can get a team of up to 10 workmates together and either climb 2212 floors or walk for 2212 minutes throughout the month of May.

"It can be as easy as taking the stairs instead of the lift, or getting together with work colleagues for a walk during the lunch hour.

“We spend about a third of our lives at work, so finding time to be physically active in the work place is important.

“The Steps Challenge is a fun way for people to be active and also to realise how easy it is do something active every day.

“It would be fantastic if, as a result of taking part in this challenge, people adopted healthier lifestyle habits and took the stairs more often.”

“The ultimate goal of the Premier’s Physical Activity Council is to encourage happier, healthier and more productive Tasmanian communities through an active lifestyle,” Mr Parkinson said.

For adults, it only takes 30 minutes of moderate intensity exercise, on most days of the week, to achieve health benefits.

To register a team visit the Premier’s Physical Activity Council’s website at www.physicalactivity.tas.gov.au or telephone 1800 440 026 and then complete and return the registration form.

Further information: Shaun Rigby on 0438021936