



MEDIA RELEASE

19 November 2004

West Ulverstone Primary School Steps forward for health

A laptop computer will be presented to the West Ulverstone Primary School today at 1.30pm at a special school assembly in recognition of their involvement in this year's Get Walking Tasmania Week.

Dennis Woolcock from Tops Office and Business Systems will present the laptop computer to West Ulverstone Primary School in recognition of their involvement and commitment to promoting active and healthy lifestyles to their students.

Martin Agatyn, representing The Cancer Council Tasmania, coordinators of this year's Get Walking Tasmania Week stressed "It is great that local schools such as West Ulverstone are promoting active and healthy lifestyles to their students. Their walk to school days during Get Walking Tasmania Week, combined with the power walking program for Grades 4/5 are great examples of what schools can do to promote the fun, ease and benefits of walking."

"It is estimated that about half of Australians are not active enough, which in turn causes up to 8000 preventable deaths a year. As a killer this ranks second only to smoking tobacco. It is therefore vitally important for young people to be exposed to the importance of physical activity and establish healthy and active lifestyle habits from a young age."

For further information:-

***Martin Agatyn, Regional Coordinator, The Cancer Council, Devonport on
0408 378 409***