



**Australian Government**  
**Department of Veterans' Affairs**

# **MEDIA RELEASE**

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Tuesday, 8 October 2013

## **GET MOVING DURING VETERANS' HEALTH WEEK**

Improving your physical and mental health and wellbeing will be the primary focus for the NSW and ACT veteran communities this Veterans' Health Week, 14 to 20 October.

Department of Veterans' Affairs Deputy Commissioner NSW/ACT, Ms Jennifer Collins, urged all members of the veteran and defence communities to take part in this year's events.

"Veterans' Health Week is a great opportunity for local communities to come together and share in the benefits of living a healthy and physically active life. In 2009, more than 5,000 people participated in Veterans' Health Week events, this year we are expecting more than 14,000 people to turn out at events across Australia.

"Over the course of the week, 46 events will be held in towns and cities across NSW and the ACT. These events will cater for a wide range of interests and fitness levels and will feature activities such as surfing lessons and golf days," Ms Collins said.

Events are focused on the central theme of *Physical Activity – Fitness, Strength, Flexibility and Balance*, with activities designed to encourage the veteran community to:

- enjoy **fitness** and keep physically healthy through exercise and good nutrition;
- find the mental **strength** to participate in activities that will help prevent illness and injury;
- develop **flexibility** in daily routines, allowing the incorporation of more physical activity; and
- maintain the right **balance** of exercise, nutrition and rest.

Some fantastic events have been planned this year including:

- Vet's go Surfing (surfing lessons) at North Bondi Beach, Sydney from Monday, 14 to Sunday, 20 October; and
- Fun Run-Walk at Cronulla Park, Cronulla, on Saturday, 19 October.

Many more events are scheduled to occur during Veterans' Health Week across NSW and the ACT, so find out how you can be involved by visiting [www.dva.gov.au/vhw.htm](http://www.dva.gov.au/vhw.htm).

### **Media inquiries**

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