



Australian Government
Department of Veterans' Affairs

MEDIA RELEASE

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GET MOVING DURING VETERANS' HEALTH WEEK

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

Department of Veterans' Affairs Deputy Commissioner NT, Ms Leanne Cameron, 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, three events will be held in Darwin. These events will cater for a wide range of interests and fitness levels and will feature activities such as group walks, barefoot bowls and bike riding," said Ms Cameron.

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:

- guided walk and morning tea at the Darwin Military Museum on Monday, 14 October, and
- barefoot bowls challenge and healthy activities day at the North Darwin RSL Club on Friday, 18 October.

Many more events are scheduled to occur during Veterans' Health Week across the Northern Territory, so find out how you can be involved by visiting www.dva.gov.au/vhw.htm.

Media inquiries

Ms Leanne Cameron, Deputy Commissioner NT: 08 8935 1400 or 0401 145 569
Department of Veterans' Affairs Media: 02 6289 6203