



Australian Government
Department of Veterans' Affairs

MEDIA RELEASE

Friday, 4 October 2013

GET MOVING DURING VETERANS' HEALTH WEEK

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

Department of Veterans' Affairs Deputy Commissioner QLD, Ms Alison Stanley, 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, 32 events will be held across Queensland. These events will cater for a wide range of interests and fitness levels and will feature activities such as health and wellbeing seminars, Tai Chi, kayaking and golf days," said Ms Stanley.

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:

- community walk and breakfast in the park at Queen's Park, Toowoomba on Thursday, 17 October;
- Stomp on the Strand at Strand Park, Townsville on Saturday, 19 October;
- dragon boat racing, family friendly activities and healthy lunch at the Currumbin RSL on Saturday, 19 October; and
- lawn bowls competition at Tweed Health s Bowls Club on Sunday, 20 October.

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

Media inquiries

Ms Alison Stanley, Deputy Commissioner QLD: 07 3223 8462 or 0412 041 730

Mr Justin Shaw, Director North QLD: 07 4722 3302 or 0402 420 729

Department of Veterans' Affairs Media: 02 6289 6203