



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 South Australian veteran community this Veterans' Health Week, 14 to 20 October.

Department of Veterans' Affairs Deputy Commissioner SA, Mr Ian Kelly, 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, 14 events will be held across South Australia. These events will cater for a wide range of interests and fitness levels and will feature activities such as bowls competitions, golf days and water sports.

"The flagship event in South Australia this year will be the Physical Activity Expo and Family Fun Day to be held at Torrens Parade Ground on Sunday, 20 October from 11am to 3pm with Brenton Ragless, Channel 9 weather presenter, as Master of Ceremonies.

"The family friendly event will give visitors the opportunity to try a range of physical activities while enjoying the offerings of healthy food stalls and live entertainment such as the Graham Cornes' All Star Band and the Bits & Pieces Veterans Band. There will also be plenty of special activities to keep the kids entertained," said Mr Kelly.

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.

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

Media inquiries

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