



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

Department of Veterans' Affairs Deputy Commissioner VIC, Mr John Geary, 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, 48 events will be held across Victoria. These events will cater for a wide range of interests and fitness levels and will feature activities such as bowls competitions, group walks, Thai Chi lessons and an Amazing Race," said Mr Geary.

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:

- Daylesford garden walk at Daylesford on Monday, 14 October;
- Promoting Better Aging workshop at Heigelberg Repatriation Hospital on Thursday, 17 October;
- Men's Health Peer Education Pit Stop in Melbourne's CBD on Friday, 18 October; and
- Amazing Race around Melbourne's CBD on Sunday, 20 October.

Many more events are scheduled to occur during Veterans' Health Week across Victoria, 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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