



MEDIA RELEASE

5 April 2018

Get active this April

Active April has kicked off for 2018, and City of Melton residents are being encouraged to sign up and create positive exercise habits.

The annual Premier's Active April initiative encourages residents across the state to do at least 30 minutes of physical activity each day during April.

It is part of the Victorian Government's commitment to promote healthy and active lifestyles, and the fun of increased physical activity, and is supported by Melton City Council.

The challenge is fun and free, and everyone who registers will receive numerous offers and discounts including a 10-day swim pass at Melton Waves leisure centre, 15 per cent discount at Sportsmart, and a chance to win tickets to the 2019 Australian Open Tennis finals.

Registration is open to individuals, schools, workplaces and other groups.

City of Melton Mayor, Cr Bob Turner, said Council was also holding free programs and clinics across the whole month to help people of all ages get active.

The free activities include Zumba, walking groups and come-and-try volleyball.

"Active April not only helps people to get fit, but motivates them to form positive, healthy habits and exercise routines," Cr Turner said.

"As little as 30 minutes of exercise each day can help reduce the likelihood of lifestyle diseases including stroke, heart attack and type two diabetes.

"Exercise is good for the mind too; it helps reduce stress, improves mood, energy and memory, and boosts self-esteem."

For more information, visit melton.vic.gov.au/getactive

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