

# Media Release

**The Hon Ros Spence MP**  
Minister for Multicultural Affairs  
Minister for Community Sport  
Minister for Youth



Wednesday, 2 September 2020

## VICTORIANS ENCOURAGED TO GET ACTIVE, MORE OFTEN, AT HOME

Victorians of all ages and abilities are being encouraged to get active now more than ever, with the Victorian Government launching a new campaign to keep active and healthy during the coronavirus pandemic.

Minister for Community Sport Ros Spence today launched the initiative, *Get Active Victoria*, including an online platform with free workout videos, challenges and ideas to get moving at home.

AFLW Demons star Daisy Pearce and Australian cricket captain Meg Lanning have also created online challenges for *Get Active Victoria* to provide some extra inspiration to get everyone moving.

With 80 per cent of children and more than 50 per cent of adults in Victoria not doing the recommended amount of physical activity, the Victorian Government is ramping up efforts to ensure everyone has the chance to flex their muscles throughout the current Stage 3 and 4 restrictions.

From Afro Dance to a juggling challenge, the *Get Active Victoria* website provides workouts, challenges and tools to motivate and support Victorian families. There are workouts for all levels that range from 10 minutes to 30 minutes with little or no equipment needed. Participants can focus on strength, cardio, flexibility and other options.

An activity tracker allows participants to monitor how much activity they are doing each day, and teams can also be created online.

New features will be added to the website progressively including challenges created by participants while a mobile app is in the works. Planning is also under way for events that will take *Get Active Victoria* to the community in 2021 with support from key partners.

*Get Active Victoria* is available now at [getactive.vic.gov.au](http://getactive.vic.gov.au) and is great way to connect with family and friends, support each other and inspire more Victorians to get moving.

### Quotes attributable to Minister for Community Sport Ros Spence

*"Get Active Victoria makes it easy to be active around home with great ideas to motivate us all to move more and get our 30 minutes of exercise each day."*

*"This is an incredibly tough time for all Victorians, but we know getting active is so important to our physical and mental health – we hope stars like Meg and Daisy can inspire you to go that extra mile."*

### Quote attributable to AFLW Melbourne star Daisy Pearce

*"When you're active the benefits stretch way beyond physical fitness – it's a really challenging time for Victorians at the moment and I encourage everyone to get involved in this great initiative."*

### Quote attributable to Australian Women's Cricket Team Captain Meg Lanning

*"As an athlete I find it almost impossible to sit still and the last few months have been really tough in Victoria, it's great to see campaigns like this that encourage everyone to get moving."*

**Media contact:** Stephanie Hobbs 0429 275 437 | [stephanie.hobbs@minstaff.vic.gov.au](mailto:stephanie.hobbs@minstaff.vic.gov.au)