

Media Release

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



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NEW APP ENCOURAGING VICTORIANS TO GET ACTIVE

The Andrews Labor Government is supporting Victorians to 'Get Active' with a new free app that provides users with exercise tips and workout videos.

Minister for Community Sport Ros Spence today launched the *Get Active Victoria* mobile app, the next instalment in the Labor Government's online *Get Active Victoria* campaign encouraging people to keep their bodies moving.

The new app includes a range of guided workouts for beginners through to those more advanced and is designed by top physiotherapists, yoga instructors and personal trainers.

Users can set goals and track their activity, find support through an online team, and explore new places to be active outdoors.

Additional features such as reminders, an activity timer and a calendar to schedule workouts ahead of time provide users with a quicker and more convenient experience.

The initiative challenges Victorians to do 30 minutes of physical activity per day and the web version already has more than 85,000 people tapping into activities from family workout videos to strength and conditioning tips.

Bass Coast Physiotherapist Michelle McMahon, 51, started using the web version when it launched in 2020 and soon began recommending the exercises to her clients.

As a physiotherapist, Mrs McMahon sees people with a range of mobility and knew the evidence-based information delivered through *Get Active Victoria* was promoting activity suited for any age and any level of fitness.

Available through Apple and Android stores, the new app is easy to install and free to use - all you need to do is register with *Get Active Victoria* or log in to your account once it's downloaded.

For more information on the *Get Active Victoria* mobile app, including how to download it to your device, visit getactive.vic.gov.au/mobile.

Quotes attributable to Minister for Community Sport Ros Spence

"This app will encourage Victorians of all ages and fitness levels to get active with a range of workouts to get moving every day."

"We know the benefits of regular exercise are far reaching, regardless of your goals the app makes fitness available to everyone."

Quotes attributable to Bass Coast Physiotherapist Michelle McMahon

"I've really enjoyed some of the dance workouts, which are good fun. I've had an injury recently with my leg, so some of the upper body workouts I think are great."

"I recommend Get Active Victoria to my clients because for one it is free and accessible for everybody, and because I really love the range of workouts, so people can choose one depending on where they are at."

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