

# Media Release

## The Hon Ros Spence MP

Minister for Prevention of Family Violence  
Minister for Multicultural Affairs  
Minister for Community Sport  
Minister for Youth



Monday, 5 September 2022

## FIND YOUR MOMENTS FOR MOVEMENT IN GET ACTIVE WEEK

Victorians are being encouraged to add up all the time they're active to make up 30 minutes of exercise a day as the Andrews Labor Government leads the way on a new health initiative.

Get Active Week kicks off today, running until the 11<sup>th</sup> of September, and focusses on celebrating the ways people can set aside small moments when it suits them, to get moving.

Research shows 39 percent of Victorians believe they should be doing 30 minutes of activity all in one go and don't think it counts when split into smaller increments and spread across the day.

From taking a quick walk in a lunch break, riding with the kids to school and playing with your pets, every little bit counts.

To help Victorians get moving, the Get Active Week website will provide how-to videos, activity plans and expert advice to make it that bit easier to get their 30 minutes in the day.

Media personality Jo Stanley is on board and knows the challenges of juggling a busy work and home life can make it hard to get enough exercise in but finding blocks of time throughout the day is her solution.

Earlier this year the Labor Government launched the Get Active app which also provides easy and accessible ways for people to move more everyday with free workouts and has so far had been downloaded by more than 10,000 users.

For more information on how to get involved visit [moments.getactive.vic.gov.au](https://moments.getactive.vic.gov.au).

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

*"We know physical activity is important for our overall health and this week is all about making it easier for people to find ways to exercise – particularly if they are time poor or struggling with an injury."*

*"This is a great opportunity for Victorians to rethink how they can get their daily activity in ways that better suits them."*

### Quotes attributable to Get Active Week ambassador Jo Stanley

*"Get Active Week is all about encouraging people to break exercise down into achievable, bite-size blocks of time."*

*"In fact, most people already have moments of movement in their day that we normally wouldn't think count. Whether it is walking around the shops or even weeding the garden."*