

# Media Release

**The Hon Martin Pakula MP**

Minister for Jobs, Innovation and Trade  
Minister for Tourism, Sport and Major Events  
Minister for Racing



**DELIVERING  
FOR ALL VICTORIANS**

Wednesday, 6 February, 2019

## **DON'T BE SIDELINED – GET ACTIVE THIS APRIL**

The Andrews Labor Government has opened registrations for the 11th annual Premier's Active April campaign.

Minister for Tourism, Sport and Major Events Martin Pakula today encouraged Victorians of all ages, abilities and fitness levels to do 30 minutes of physical activity a day during April.

The event has gone from strength to strength since the Labor Government introduced it in 2008, with a record 124,913 Victorians taking the pledge last year, including more than 5000 teams and 2000 families.

This year's challenge is encouraging parents to get active while they are on the sidelines supporting their children, setting a good example and kickstarting healthier habits for the whole family.

Registration for Premier's Active April is free and everyone who signs up will receive 10 free YMCA gym passes or access to a participating local government facility, as well as plenty of fitness incentives and discounts.

Participants this year will also have access to the 'Get Active Workouts' video series through an app, which features 30 different 10-minute workout ideas to inspire and motivate participants of all ages and abilities.

High-profile Victorians supporting the campaign this year include AFLW stars Katie Brennan and Darcy Vescio, The Western Bulldogs' Liam Picken and wife Annie Nolan, netballer Kate Moloney, Paralympian Jess Gallagher, and news personality and Premier's Active April legend Peter Hitchener.

To register, please visit [www.activeapril.vic.gov.au](http://www.activeapril.vic.gov.au).

### **Quotes attributable to Minister for Tourism, Sport and Major Events Martin Pakula**

*"Active April is a great opportunity to discover exercise that we can fit into our daily routines - whether it's making the most of your time on the sidelines or getting off the bus, tram or train early to walk the rest of the way."*

*"I'm challenging all Victorians to step it up this April – and get involved no matter their age, ability or fitness level."*