



# **MEDIA RELEASE**

## **DAVID MORRIS MP**

**Member for Mornington**

2 March 2009

### **MORRIS URGES FAMILIES TO GET ACTIVE TOGETHER**

Mornington MP David Morris has urged families to increase their physical activity levels and get involved in their local community.

The Premier's Active Families Challenge is a program run by the Victorian Government as part of the 'Go for your life' initiative, to improve the physical activity, health and wellbeing of Victorian families.

The challenge provides an opportunity for families to participate in an inclusive and achievable physical activity Challenge which is fun, easy accessible and worthwhile.

To complete the Challenge, families need to register as a team to each do at least 30 minutes of physical activity a day for 30 days between 8 March and 19 April 2009.

"I hope families will take advantage of the Challenge and enjoy each other's company and learn the importance of physical activity as a family will have long term benefits" said Mr Morris.

Participants can complete the activity on their own or together as a family, and don't have to be active every day throughout the Challenge – just 30 days over the six week Challenge period.

To help families complete the Challenge, they receive 15 free YMCA passes, 15 per cent off at Rebel Sport stores, tips and ideas on how to get active, details of events to attend the rewards and prizes to keep them motivated.

Families can register through the website at [goforyourlife.vic.gov.au](http://goforyourlife.vic.gov.au) or by phone on 1300 739 899.