



Media Release

# Darwin City Council

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## Activate NT

'Activate NT' challenges Territorians to better health in 2009

Good news for Territorians pulling in their belts and making New Year's resolutions to improve their health and fitness – Activate NT is here to help.

Polls reveal that six out of the ten most popular New Year's Resolutions relate to improving physical and mental health, but while most people find making the decision to change easy, the hard part is putting it into action and adjusting sometimes lifelong behaviours.

Activate NT helps by providing a fun, supportive and motivating environment in which to make healthy and sustainable changes to your lifestyle. The program provides opportunities for the residents of Darwin and Palmerston to be more active, improve their eating, quit smoking and drink alcohol responsibly.

"Activate NT provides a fantastic opportunity for people to get started on living a longer, happier and healthier life with the benefit of support from both fellow participants and health and fitness experts" says Brooke Kimberley, Chronic Disease Project Officer for General Practice Network NT and Activate NT Co-ordinator.

The program launches on the 15th March and runs for 10 weeks until 24th May, providing a huge range of physical activity sessions, special events and the opportunity to win fantastic prizes. Registration costs just \$30 and opens on the 2nd March 2009.

Activate NT is the new branding of the previously successful Palmesstonnes and DarwinLite MBF Healthy Lifestyle Challenges. The program is a collaboration between General Practice Network NT, Darwin City Council and the City of Palmerston, supported by gold sponsor MBF and media partner 104.1 Territory FM.

**Most popular New Year's resolutions as revealed by a recent poll:**

1. Spend more time with Family and Friends
2. Fit in Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit drinking

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For more information or to pre-register phone Claire at DCC Recreation Services on 8930 0419.