



Media Release

# Darwin City Council

Communications & Marketing Ph. (08) 8930 0504 Fax (08) 8930 0669

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## Council Staff Healthy, Wealthy & Wise

Darwin City Council recognises the common sense in the old adage “healthy, wealth and wise”. There are tremendous efficiencies and savings to be had with a healthy, happy and enthused workforce. Darwin City Council is embarking on programs to make this a reality.

With the promotion of the Activate NT program Council has encouraged all residents to improve fitness, health and general wellbeing.

Further to this Darwin City Council has implemented a range of measures for staff on an ongoing basis. Such things as free flu and tetanus vaccinations, bicycles for staff to use for attending meetings and general fitness, along with discounted gym membership and free access to Darwin City Council swimming pools. These measures are not costly to introduce and will be rewarded in spades.

Council CEO, Brendan Dowd champions the program, “This will foster a healthy workforce, encourage staff to exercise resulting in greater productivity and a reduction in the number of days lost to illness” he said.

The official mobilisation starts at 10:30am this Monday by the Tree of Knowledge at the Civic Centre. CEO Brendan Dowd will don the lycra and Darwin City Council Eco-Bikies will take over the city streets. The bikes not only offer health benefits, but also reduce Council’s carbon footprint.

Lord Mayor, Graeme Sawyer commented on the times we live in and the need to think outside the box. “Simple things like riding a bike across the city to a meeting helps the environment, reduces congestion and is a healthier alternative to the problem of getting from A to B” he said.

Later, at 12:30pm, the Lord Mayor will lead a lunchtime Heart Foundation Walk. Darwin City Council supports, encourages and participates in the Heart Foundation activities as a great way to promote health and fitness in the community. The walk starts at Lyons Cottage, corner of Knuckey St & The Esplanade.

**What:** Bike Mobilization & Heart Foundation Walk  
**When:** Monday 6 April 10:30am Civic Centre & 12:30pm Lyons Cottage  
**Where:** Civic Centre & Lyons Cottage  
**Who:** Darwin City Council CEO Brendan Dowd & Lord Mayor Graeme Sawyer

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Contact: Heather Sweeting 8930 0504