



MEDIA RELEASE

Kathrine stangeland

December 12, 2017.

A small step for Deakin University, a giant leap for Australia.

Federal Health Minister, Annastacia Orr, will on February 1st 2019, commence the first walk to work day for staff and students at Deakin University (Burwood).

6 pre-chosen areas will have a walking bus leaving for Deakin University every 30 minutes after 7.am.

This activity focuses on bringing a healthier lifestyle towards the Australian public, with experts like Candy Sweetman from Diabetes Australia, explaining that walking to work is generally healthier.

"People who walk before or during work are generally healthier, more productive and less likely to be sick or absent. It's in their best interests of all individuals and organizations to build walking into their daily routine and support Walk to Work Day."

The vice-chancellor, Professor Jocelyn Cole will be presenting a grant from the government for DU sporting facilities, which over 10 years will be a multi-million dollar building program.

To start of the walk, Olympic champion Usain Bolt, along with the athletic team from Deakin University will run 15 kilometers lap around Burwood.

"This is a great activity DU has started. I am hoping to see many locals along the run and at the announcement of the single biggest investment in local sporting facilities ever. With the Tokyo Olympics in 2020, such a commitment will put Deakin on the map." Bolt remarks.

Along the trail, Deakin University will provide staff with fitness and wellbeing to keep everyone safe along the way.

Roads towards Deakin will cease to have traffic from 7 a.m until 11 a.m.

Anastacia Orr regards activities like this a wonderful response to the issues facing us in the twenty-first century.

"We all have to be more conscious of maintaining fitness – I am proud that DU, my old University, is leading the way in promoting healthy alternatives to getting to work (...) Our government believes that local communities like this will in years to come be a beacon not only to other Australian cities but also worldwide."

Free breakfast and t-shirts will be offered to staff and students from Deakin University who completes the walk.

For more information, please contact >>

Deakin University



Media alert

Sunday 17 December 2017

221 Burwood Highway
Burwood VIC 3125 Australia

Walking for change

- What:** The Walk to Work for Deakin University employers and students event 2019.
- When:** 7.00am, 1 february, 2019.
- Where:** The event will take place six different locations in the city, with walking buses leaving every 30 min to Deakin university.(221 Burwood Highway)
The meeting spots are as followed:
-Box Hill Station, Box Hill
-Burwood Station, Glen Iris

- Glen Waverley Railway Station
- 8-Cremorne St/Swan St, Richmond
- Collingwood Station, Abbotsford
- Federation Square/Swanston St, Melbourne

Who: Annastacia Orr Federal Health Minister.
 Professor Jocelyn Cole Vice Chancellor.
 Usain Bolt Olympic champion.
 All will be available for interviews and pictures.

Why: To promote fitness and a healthy alternative for driving to work and school. Professor Jocelyn Cole will unravel the grant for Deakin University new sports facility. After the walk, Annastacia Orr will hold a speech explaining her vision for a better Australia, through such activities as walking to work, and why it makes such a big difference for one's health, but also for the environment.

Who should come: Deakin University students and employers.

More information can be found at www.walk2work.com.au
 or by calling Kathrine Stangeland at +61416546060

Peter Mickelborough
Editor
Herald Sun
Melbourne

Dear Peter

Deakin University will at 1 of February 2019 make history all across Australia, and leave its mark as one of the first universities in the country to have its students and employers participate in “walk to work day”.

The activity will have walking buses from 6 different area in the city, with refreshments offered on the walk to Deakin University for thirsty students and Deakin employers, creating good possibilities for effective pictures to be taken.

The federal health minister, Annastacia Orr is the main contributor behind Deakin’s walk to work day, and will hold a short speech in the afternoon at the University, advocating for the government’s new sport and education strategy. The vice-chancellor Professor Jocelyn Cole will then proceed to grant the university a government grant for a brand new sporting facility. This is important news for your readers, especially families with young inspiring athletes.

Usain Bolt will be one of the main stars of the event, running with Deakin university athletes. Bolt will be available for interviews and will with no doubt catch your reader’s attention.

The Herald Sun has a rich history of supporting and sponsoring event similar to this, like Herald sun/Citylink run for kids and Jayco Herald Sun Tour. Promoting this day will continue your strong role as an advocate for taking a forefront to the big changes transpiring in Melbourne.

This is something that all Victorians should be proud of, and it needs a dedicated news crew to convey what this day is all about.

Please contact me for any further inquiries or necessary information, +61416546060

Kind regards Kathrine Stangeland

Backgrounder

The Australian government has in recent times observed a decrease in sports among youth and adults, resulting in higher obesity rates. Changes from Turnbull resulted in a funding of 324.8 million AUD to reinvigorate the Australian sporting scene. This involves the plan “Australian Sport: The Pathway to Success”, which put the heavy focus on both exercises within average communities and the elites. Their goal is to get more Australians across all levels involved in sports. Ways they have accomplished this have involved better providing better sports alternatives around the school sector, thus seeing more children participating in sports. This is the biggest change within Australian sport in three decades.

National Sporting Organisations (NSOs) had to follow Australian Sports Commission (ASC) agreements for their funding, and increase the NSOs capability to grow better involvement with direct grants to clubs in the community. Other organizations like the Australian Institute of sports will have scholarship holders volunteer at local sporting clubs

This new growth means around 45,000 Coaches and officials gets better training opportunities. It also gives the rise to better talent seeking programs, more talent scouts and better support for the 10,000 aspiring Australian athletes.

To tell the public about this reform and the announcement of a big grant to open a new sporting facility at Deakin University, the federal health minister Annastacia Orr, will be holding a “walk to work day” at Deakin University. Students and employers will walk from many areas around the city and end their walk at Deakin University, where free t-shirts and breakfast awaits them. Usain Bolt will in the morning be running with Athletes from Deakin University, and helping Vice chancellor professor Jocelyn Cole give over the government grant.

The reasoning behind this event is not just to present the new plan for the new sporting facilities at the university, but also to help give a new mindset for the local people and give an alternative option to using the car every day. How walking to work has an overall positive effect for our health and well being.

Walk to work day 2019 will have the crucial effect on the future of athletes and sports in Australia. The political changes and money spend will create more athletes to participate in the international scenery, starting with giving children the best chances and equipment in their local sports communities to reach their goals. It can also make more students and employers in the future leave their car at home for work, lessening obesity rates and according to Diabetes Australia, also reducing sick leaves and makes people more productive in their overall lives.

Tweets

@usainbolt

“Just finish the 15 km circuit run with these inspiring awesome athletes from Deakin University! Who’s gonna leave their car behind for work or school today??!!!”
#Walk2work

Jocelyn Cole, the Vice- Chancellor

“Me and Usain Bolt had the great pleasure of announcing the government funding for a new sporting facility at Deakin University! It was amazing to see the big turn up. Let's make more days like this at our uni” #Walk2work

101 beans

“We will have stalls on the route to Deakin University today for the walk2work event! A dollar spends on our coffee will be donated to Homeless Refuges Australia. #Walk2work

Annastacia Orr

“I am proud that DU, my old University, is leading the way in promoting healthy alternatives to getting to work. So leave your car behind and make a difference to yourself and the environment” #Walk2work