



MEDIA RELEASE

Communications & Marketing

Activate NT Receives Award

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Darwin City Council's 'Active NT' program was a winner in the SA/NT Parks and Leisure Awards for "Inclusive and Connected Communities".

The Activate NT program was introduced as a means for community members to get together and actively improve their lifestyles. The program is a community driven program with a focus on increasing awareness of key lifestyle issues such as physical activity, reducing weight, healthy eating and quitting smoking. Over a ten week period a variety of activities are on offer catering for all ability levels. The program has many ongoing benefits that are not just for individual participants, such as improving school and employment attendance and productivity, and reducing the strain on our health system.

Over the ten weeks the program was run this year it was recorded that in total participants walked over 21 million steps (17,000 km), collectively lost over 90 kgs with a total waist loss of 180.2cm, and took part in 333 individual events.

The Activate NT program combined the Palmesstonnes Healthy Lifestyle Challenge and DarwinLite Lifestyle Challenge and our thanks go to Palmerston City Council for their support in this program. I am very proud that Council won this award, having been selected from a field of organisations from across the Northern Territory and South Australia. The Activate NT program also received a Highly Commended accolade in the recently announced Heart Foundation Local Government Awards.

Acting Lord Mayor, Alderman Helen Galton says it is significant that the Activate NT program received this level of recognition. "The Parks and Leisure Award together with the Highly Commended accolade from the Heart Foundation is consistent with the need for a greater awareness of personal responsibility for individual health and wellbeing" She said "Council can only take the lead and promote these activities, I congratulate the Darwin public for taking up the challenge".

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