



# Health & Wellbeing

April – Active April



## *What is Active April?*

Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.

## *How do I register?*

You can register by visiting the Active April website (works best in Chrome):

<https://www.activeapril.vic.gov.au/>

For those who participated last year, click the returning from 2018 button. This means you can log in using the username and password you created previously. This will save you from having to re-enter all of your details.

## *How do I track my activity?*

You can track your activity levels throughout April from the Active April mobile or web app.

Simply log in from your smartphone, tablet or computer and click the 'Track Activity' button from the Dashboard. It's a really easy way to see how you're going, track your own and your teammates activity and encourage each other to get even more active.



## ***The Active April mobile app***

It's even easier to be active on the go with the Active April mobile app for iOS and Android.



## ***Hospital Vs Community Centres***

As always, TMHS are participating in Active April and we encourage you to join a team. The team that logs the most hours of physical activity wins!

If you are based at the Josie Black Community Health Centre or the Mortlake Community Health Centre and you want to help your team to victory your team ID is: community-centre

If you are based at the Hospital/Mount View and you want to help your team to victory your team ID is: hospital

Can the community centre go back to back, OR will the hospital get their revenge?



## ***Any issues?***

If you have any issues or would like some help getting set up, please contact Laura on [lestevenson@tmhs.vic.gov.au](mailto:lestevenson@tmhs.vic.gov.au) or 5592 0301.