

The workplace is identified as a key setting in the [Tasmanian Physical Activity Plan](#) to increase physical activity levels of Tasmanians. In 2006, the [Premier's Physical Activity Council](#) (PPAC) first commenced activities in workplace physical activity where it was discovered that the most effective way to improve physical activity levels in workplaces was to take a holistic approach to health and wellbeing and address other risk factors such as smoking, mental health and nutrition, in addition to physical activity. As a result, PPAC with support from WorkCover Tasmania, developed [Get Moving at Work: A resource kit for workplace health and wellbeing programs](#).

To further support workplaces improve the health and wellbeing of their employees, PPAC has developed a bi-monthly eNewsletter to share the latest information about resources, event and case studies relevant to workplace health and wellbeing. If you are interested in joining this network, please email ppac@getmoving.tas.gov.au with "subscribe to workplace eNewsletter" in the subject line or phone 1800 252 476.