

## MEDIA RELEASE

Friday 22 March 2013

### SPORTS SUPERSTARS TEAM UP FOR AN ACTIVE VICTORIA

**Photo call:** Launch of the [TeamUp app](#). VicHealth CEO and elite sports stars from Melbourne Heart, Rebels, Storm, Surfing Victoria, Tigers and the Vixens will try their hand at sports a little way outside of their comfort zones. Activities include lawn bowls, yoga, beach volleyball, zumba, water aerobics, stand up paddle boarding (in that order, each activity lasts approximately 20 minutes).

**Time and location:** Today, **Friday 22 March at 12-3pm**, starting with lawn bowls at the Port Melbourne Bowls Club, 130 Spring Street, Port Melbourne, at midday - and then the Sandridge Surf Life Saving Club, 240 the Boulevard, Port Melbourne from 12.45pm.

**Media contact** Jane Gardner 0435 761 732.

Sporting heroes from around the state have today teamed up to unveil a free VicHealth app, TeamUp. TeamUp is designed to make physical activity more accessible to everyone.

TeamUp offers Victorians an encyclopaedia of more than 100 sporting activities happening in their local neighbourhoods, seven days a week, right at their fingertips. It's free to list an activity, browse and get in touch with event organisers. VicHealth CEO Jerril Rechter said that Victorians take part in physical activity in a range of ways, from joining the traditional structured sports clubs, to kicking the footy in the park with mates.

"TeamUp offers people a huge variety of participation opportunities to suit their lifestyles, interests, schedules and budgets," Ms Rechter said.

"TeamUp offers ways to get active when and where it suits you, whether you prefer highly charged competitive sport, or more relaxed activities for fun and enjoyment. It's also a great way to meet local people who share your interests.

"And if you can't find what you're looking for, you can create your own activities, and find new people to join in."

"Some of Melbourne's finest sportspeople are on board to support TeamUp and there are a few surprises in store. Who knows who might turn up to kick the footy or shoot some hoops at your next TeamUp activity?"

#### **TeamUp Ambassadors available for photos/interviews:**

- VicHealth: Jerril Rechter (CEO)
- Melbourne Vixens: Sharelle McMahon and Tegan Caldwell
- Melbourne Storm: Robbie Kearns and Lagi Setu
- Melbourne Tigers: Warrick Giddy
- Melbourne Heart: Dylan Macallister and Golgol Mebrahtu
- Surfing Victoria: Cahill Bell-Warren and Zeb Walsh
- Melbourne Rebels: Bryce Hegarty and Kimami Sitauti

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TeamUp Ambassador and Melbourne Vixens' Sharelle McMahon said: "Whether you're an A-grade player, coming back to sport after a break, or wanting to try a new activity for the first time, TeamUp is a terrific way to connect with other people who want to get active. It can help you find a range of physical activities to suit you, whether you want to play every week or just fill in an afternoon here and there."

Melbourne Heart FC Head Coach John Aloisi added: "TeamUp is a fantastic initiative that promotes physical activity and encourages people to enjoy exercise with friends.

"Regular exercise is so important and to have easily accessible information to encourage friends to join in, is valuable in our fast-paced society. Melbourne Heart FC is proud to partner with VicHealth."

To celebrate the launch of VicHealth's TeamUp, a series of special events and 'money can't buy' experiences will also be on offer to anyone who downloads the free app.

Anyone with TeamUp on their smart phone or tablet, or registered on facebook, is in the running to go on a behind the scenes tour of their favourite sport, to take part in a pro training session, or perhaps go on field in front of their heroes to do the coin toss - and so much more.

***Team Up is an initiative of VicHealth. Partners include the YMCA, Melbourne Rebels, Melbourne Storm, Melbourne Vixens, Melbourne Heart, Melbourne Tigers and Surfing Victoria.***

**Get the app or find out more at [www.teamup.com.au](http://www.teamup.com.au)**