

Suggestions on how you can get involved and some links to organisations who are already working on the 51 ways.

Live a Healthy Lifestyle

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| 1. Get moving! It's never too late to join a walking group and make regular physical activity part of your life | www.getmoving.tas.gov.au
www.development.tas.gov.au/sportrec/publications/65tings.pdf |
| 2. Eat more fruit and vegetables | www.dhhs.tas.gov.au/healthyliving/nutrition/
www.eatwelltas.com.au/ |
| 3. Stop smoking | www.quittas.org.au |
| 4. Offer support to a friend who is feeling down | www.beyondblue.org.au |
| 5. Maintain a healthy weight | www.healthyactive.gov.au |
| 6. Look for ways to reduce stress – take time out to do something you enjoy | www.mental.health.wa.gov.au |

Celebrate our Culture

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| 7. Visit an art gallery or museum | www.tmag.tas.gov.au
www.salarts.org.au | www.qvmag.tas.gov.au
www.bumie.net |
| 8. Go to the theatre | www.theatreroyal.com.au
www.theatrenorth.com.au | www.oldnick.org.au
www.playhouse.org.au |
| 9. Take your children or grandchildren to a concert or to see street theatre | www.tso.com.au
events.dtpfa.tas.gov.au | |
| 10. Learn about the Tasmanian Aboriginal story | www.discovertasmania.com.au
www.reconciliation.org.au | |
| 11. Value and respect Aboriginal heritage and culture | www.aboriginalheritage.tas.gov.au
www.talsc.net.au | |
| 12. Involve your family in cultural celebrations | events.dtpfa.tas.gov.au | |
| 13. Find out about our migrant culture and history | www.nla.gov.au
www.mrchobart.org.au
mrcltn.org.au | |

Be Part of a Friendly, Safe Community

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| 14. Become a volunteer | www.voltasinc.com |
| 15. Invite your neighbours around or organise a street or block party | http://www.casey.vic.gov.au/streetparties/ |
| 16. Get involved in local community events or visit your neighbourhood house | www.tach.asn.au
www.events.tas.gov.au |
| 17. Install a smoke alarm | www.fire.tas.gov.au |
| 18. Report any incidences of family violence | www.women.tas.gov.au |
| 19. Take care while driving – concentrate and expect the unexpected | www.rstf.tas.gov.au
www.transport.tas.gov.au
www.wwf.org.au |
| 20. Promote and appreciate the benefits of cultural diversity | www.mrchobart.org.au
mrcltn.org.au
www.workingitout.org.au |
| 21. Join your local progress association or Neighbourhood Watch group | www.police.tas.gov.au |

Develop Your Creativity

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| 22. Join a book club or rediscover your local library | www.adulteducation.tas.gov.au
www.statelibrary.tas.gov.au
www.statelibrary.tas.gov.au/kids |
| 23. Explore the world wide web by using the Internet | www.google.com.au
www.staysmartonline.gov.au |
| 24. Go for a bush walk and explore nature | www.parks.tas.gov.au/recreation/shortwalks/index.html
www.parks.tas.gov.au/factsheets/index.html |
| 26. Enrol in a course – try Adult Education – that you have always wanted to do | www.adulteducation.tas.gov.au |

Promote Democracy

27. Have your say at public consultation sessions on issues that interest you www.service.tas.gov.au
www.dpac.tas.gov.au
28. Take an interest in local affairs and attend a meeting of your local council www.lgat.tas.gov.au/site/page.cfm
www.lgat.tas.gov.au/site/page.cfm?u=225#e254
29. Get to know your local politicians - Local, State and Federal www.parliament.tas.gov.au/ha/halist.htm
www.parliament.tas.gov.au/lc/lclist.htm
www.aph.gov.au/house/members/mplist.htm
www.lgat.tas.gov.au
30. Write a letter to the editor about an issue you feel strongly about nwtasmania.yourguide.com.au
mercuryedletter@dbl.newsltd.com.au
editor@examiner.com.au
31. Make sure you are correctly enrolled to vote www.aec.gov.au
32. Start or sign a petition or initiate debate on an issue you feel strongly about http://210.8.42.131/view/EPetitions_TAS_Assembly
<http://www.gopetition.com.au/howtowriteapetition.ph>

Support Our Economy

33. Buy Tasmanian-made products whenever you can www.acfonline.org.au
34. Invite your interstate and overseas friends to visit Tasmania www.discovertasmania.com.au
35. Be friendly to tourists
36. If you have a good idea, think about ways to commercialise it www.development.tas.gov.au
37. If you've been happy with a local supplier of goods or services, tell your friends
38. Have a holiday in Tasmania www.discovertasmania.com.au
39. Share your business know-how with others www.mentorresources.org.au
40. Take additional courses to develop new skills www.skills.tas.gov.au
41. Provide skills training for your staff www.skills.tas.gov.au
www.tafe.tas.edu.au

Care For Our Environment

42. Plant a tree

www.greeningaustralia.org.au

43. Volunteer to help care for our land, plants and animals

[www.dpiw.tas.gov.au/inter.nsf/WebPages/LBU
N-6VA85A?open](http://www.dpiw.tas.gov.au/inter.nsf/WebPages/LBU%20N-6VA85A?open)

[www.dpiw.tas.gov.au/inter.nsf/WebPages/ALIR
-4YL2PZ?open](http://www.dpiw.tas.gov.au/inter.nsf/WebPages/ALIR-4YL2PZ?open)

www.wildcaretas.org.au

44. Walk or catch the bus to work or start a carpool or a walking school bus

www.metrotas.com.au

www.travelsmart.gov.au

45. Volunteer for clean-up projects in your area

www.cleanup.com.au

www.environment.tas.gov.au/cleanbiz

46. Teach your children not to litter

www.kabtas.com

47. Reduce wood smoke from your heater

www.dpiw.tas.gov.au

48. Take shorter showers

www.savewater.com.au

www.up2me.com.au

49. Support a plastic bag-free environment

www.planetark.com

www.up2me.com.au

50. Choose energy efficient white goods and appliances

www.energyrating.gov.au

www.up2me.com.au

51. Find out what the 20-year vision of Tasmania *Together* means for you - and discuss it with your friends and family.
