

INSPIRE ACTIVITY. BUILD CONNECTIONS. CHANGE LIVES.

Become a Get Active Program (GAP) Facilitator



Do you want to make a difference in your community?

Would you like to lead a small, supportive program that helps people move more, feel better, and connect with others?



Why become a Facilitator?

- Build skills and confidence
- Support people to get active in fun, safe ways
- Help participants boost self-esteem and motivation
- Create friendships and community connections
- Access ready-to-use GAP resources



What is the Get Active Program?

- A 10-week course combining group activity and learning
- Weekly themes such as:
 - Getting started with movement
 - Setting goals you can actually reach
 - Nutrition and healthy eating (our only must-do session)
 - Boosting self-esteem
 - Managing stress
 - Body comfort
 - Being age positive
 - Motivation, and maintaining momentum

GAP is designed for people with low activity levels who want support in a friendly and welcoming group setting. Participants are encouraged to discover new activities in their community and build ongoing connections.

How to get started

- Contact our GAP Officer to find out all the details.
- Gain support from your organisation or group.
- Complete GAP training
- Apply for funding through our Get Active Small Grants Program to help run your program at little or no cost to participants www.wsrt.org.au/get-active-small-grants-program

Facilitator training and support

- Small group workshops, online or face-to-face
- Practical resources: manuals, session plans, worksheets
- Online portal access
- Fees apply, see our website for details

Interested? Let's talk.

For more information, contact:
gap@wsrt.org.au
www.wsrt.org.au

About GAP

The Get Active Program is an award-winning, statewide initiative promoting physical activity, health, and wellbeing.

- Operating across Tasmania for over 20 years
- Thousands of participants supported
- Most GAPs are gender-inclusive and open to everyone, though some may focus on specific participants (for example, women's shelter programs or new dads' groups)
- Proudly owned by Womensport and Recreation Tasmania Inc. (WSRT)
- Delivered with support from the Department of Health Tasmania and community partners

