

GET ACTIVE IN YOUR COMMUNITY



A new *Get Active Program* is coming to your area – and it could be just what you're looking for.



GET ACTIVE PROGRAM:

Our group is for:

When:

Where:

Cost:

For more information or to register your interest contact:



Get Active
Program

Would you like to...

- Meet new people and make friends?
- Feel more confident about your health and wellbeing?
- Learn simple ways to stay motivated?
- Move your body in ways that feel good?
- Have fun while trying something new?

If you said yes to any of these – this program is for you!



What is the Get Active Program?

The Get Active Program (GAP) is a 10-week community activity program designed to help you take small, positive steps towards a healthier, more active lifestyle.

Each week, your group will:

- Enjoy a physical activity together (at your own pace).
- Explore a wellbeing topic that supports everyday life.

Your program will include information on topics 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

You'll be part of a small, supportive group where everyone is welcome. It's not about being 'fit' – it's about starting where you are, being kind to yourself and others, and finding activities you enjoy. Every step forward, no matter how small, is worth celebrating.

What to bring

- A drink bottle
- Sun protection or a raincoat, depending on the weather
- Any medication you might need (like an asthma puffer or jellybeans)
- Most importantly: self-kindness, a positive attitude, and a willingness to give it a go and have fun!

Who can join?

The program is designed for community members who aren't currently very active but would like to take the first steps in a safe, encouraging environment.

Most groups are gender-inclusive and open to everyone, though some may focus on specific participants (for example, women's shelter programs or new dads' groups).

Ready to Get Active?

To join, simply contact the GAP facilitator or community leader listed on the front of this brochure. They'll be happy to answer your questions and help you get started.



About the Get Active Program

The Get Active Program is a statewide initiative run by Womensport and Recreation Tasmania Inc. (WSRT), with support from the Department of Health Tasmania and local community partners. Together, we're building healthier, more connected communities.

Email: gap@wsrt.org.au | **Visit:** www.wsrt.org.au

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