HEALTHY SPORTS CLUBS

PHYSICAL ACTIVITY & ACTIVE RECREATION HEALTH AREA

BACKGROUND

Incorporating physical activity and active recreation into daily life improves physical and mental wellbeing, increases quality of life, supports healthy ageing, and helps to protect against chronic diseases.

In this health area, physical activity and active recreation refers to unstructured or less competitive activities outside the competition sport that the club holds. Examples include 'come and try' sessions, social sports, walking groups, Pilates, yoga, group fitness classes, and active transport options. These opportunities are offered to the whole club community, ensuring that all members of sports clubs, not just the players, are getting active and moving.

ACHIEVING THIS HEALTH AREA

The **Physical Activity & Active Recreation** health area involves getting the whole club moving, either through social sporting programs, recreational opportunities or active travel.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework, including:

- Creating a physical club environment that supports and promotes physical activity and active recreation
- Building connections between officials, members, players, families and the wider community, and engaging them to work together to promote physical activity and active recreation
- Establishing a supportive club culture that role models physical activity and active recreation

CONTACT MONASH HEALTH TO REGISTER YOUR CLUB:
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