



# Parents and Guardians Healthy Sports Clubs Resource

A resource to help you find a Healthy Sports Club in Cardinia Shire, City of Casey, and City of Greater Dandenong.

## What is the Healthy Sports Club initiative?

Our Monash Health Health Promotion team, with support from local governments (Cardinia Shire, City of Casey and City of Greater Dandenong), lead the [Healthy Sports Clubs initiative](#).

The **program helps sports clubs** create healthier environments by focusing on [nine health areas](#):

1. Healthy Food and Beverages
2. Physical Activity and Active Recreation
3. Responsible Alcohol Consumption
4. Preventing Drug Harm
5. Mental Wellness
6. Injury Prevention
7. Smoke and Vape-Free Clubs
8. Sun Protection
9. Inclusion.

Participating clubs work to promote healthy behaviours, making the healthiest choice the easiest choice.

## Why should kids enroll in a Healthy Sports Club?

Community sports clubs support children's physical activity and social connections and can boost mental health, academic performance, problem-solving, and teamwork skills.

**Healthy sporting clubs** create respectful, family-friendly, and inclusive environments by:

- Welcoming everyone and offering equal opportunities
- Providing social activities for mental wellness and physical health
- Preventing and managing injuries
- Offering healthy food options
- Maintaining smoke-free areas and being alcohol-free
- Implementing sun protection practices
- Educating members on wellbeing
- Providing local health support contacts
- Collecting regular feedback to hear all voices.





# Parents and Guardians Healthy Sports Clubs Resource



Children aged 5-17 need at least 60 minutes of movement daily. This is a reason to consider a Healthy Sports Club.

1. Explore our list of endorsed clubs
2. Read the list of endorsed clubs on our website
3. Choose and contact a club based on the sporting code and their location.

\*If you're a club member, but your club isn't a registered Healthy Sports Club, [express your interest here.](#)



Join our mailing list and receive exclusive content from our Health Promotion team, including giveaways and free training opportunities.



Contact your Health Promotion Practitioner from the Schools or Sports Club team by emailing us at [healthpromotion@monashhealth.org](mailto:healthpromotion@monashhealth.org)

HEALTHY  
SPORTS CLUBS

We acknowledge the support from the Cardinia Shire Council in creating this resource.

