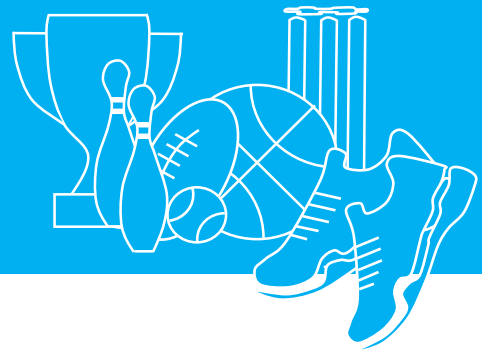


HEALTHY SPORTS CLUBS



PHYSICAL ACTIVITY & ACTIVE RECREATION HEALTH AREA



BACKGROUND

Sports clubs are supportive and inclusive spaces where people from all walks of life can participate in physical activity and sport—regardless of age, ability, or background. Whether it's a long-term athlete, a casual participant, or simply someone looking to stay active and improve their health, sports clubs can offer everyone the opportunity to be active, supporting not just their physical health but also their sense of belonging.

Due to limited time, resources, or volunteer numbers, clubs often focus their attention on competitive teams and structured sports events. As a result, it can be difficult to introduce social physical activity options that cater to a wide range of abilities and interests. This can leave some members of the community feeling excluded, as they might feel like they don't have any options to be physically active in the club beyond the organised team sports.

The good news is change is happening. More clubs are recognising the benefits of offering fun and social physical activity opportunities for community members, such as attracting new and more diverse members — and they don't have to navigate this shift alone. Free, tailored 1-on-1 support is now available for sports clubs in the City of Casey, City of Greater Dandenong, and Cardinia Shire. The Physical Activity & Active Recreation health area of Healthy Sports Clubs offers practical support to help clubs create and promote new physical activities that are fun, accessible and social and can be enjoyed by anyone.

ACHIEVING THIS HEALTH AREA

The **Physical Activity & Active Recreation** health area focuses on offering physical activity opportunities outside the competition sport your club plays, providing everyone in your club community with a chance to get active when they're at the club.

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

- Encourage members to utilise club facilities for physical activity
- Establish social programs
- Improve marketing strategies to attract new members
- Provide physical activity education to members
- Create a physical activity and active recreation policy
- Provide program delivery training for coaches.

COMPLETE THE EXPRESSION OF INTEREST FORM TO REGISTER YOUR CLUB
[EOI FORM](#)