

NEW PROGRAM!



WOMEN GET ACTIVE PROGRAM

What is the Women Get Active Program?

The *Women Get Active Program* is a state-wide initiative that aims to enhance the health and well-being of women and girls through becoming involved in physical activity. The program specifically seeks to engage women and girls who are not currently physically active and who may have experienced barriers to physical activity such as lack of confidence, body image, concern for personal safety, costs of participation, transport issues, and myths about the dangers of physical activity.

What do participants do?

Participation in the program is **fun, safe and social**. The *Women Get Active Program* is a 10-week series of 2 hour workshops covering such issues as motivation, personal safety, stress management, goal setting and body comfort. The second hour of the program focuses on fun physical activities that are chosen by the group.



Throughout the program emphasis is placed on creating a supportive environment where participants develop self-management skills, and build strong community links and social contacts. One of the strengths of the program is its **flexibility** to meet the needs of the participants.

Facilitator Training

The *Women Get Active Program* also offers training for people who would like to facilitate the 10-week *Women Get Active Program* in their community. Facilitators are the main people the participants have contact with and therefore are the "face" of the program. Some assistance may be available to off-set costs for organizations who are interested in running a *Women Get Active Program*.

Would you like to find out more? We are keen to hear from you! Please return this form or contact us. Our contact details are on the reverse side.

Name: _____	<i>I would like to find out more about:</i>
Organisation: _____	General information <i>Women Get Active Program</i> <input type="checkbox"/>
Position: _____	Facilitator Training <input type="checkbox"/>
Your phone number: _____	Women Sport and Recreation Tasmania <input type="checkbox"/>
Your email address: _____	Other <input type="checkbox"/>

NEW PROGRAM!

womensport
and recreation
TASMANIA



WOMEN GET ACTIVE PROGRAM



For enquiries about the *Women Get Active Program* please contact:

Wendy Hartshorn
Project Officer
Women Get Active Program
Womensport and Recreation Tasmania

Phone: (03) 62 227061
Fax: (03) 62 227409
Email: womensporttas@yahoo.com
Mailing Address:
Women's Health South
Upper Statton Building
90 Davey Street
Hobart 7000

The *Women Get Active Program* is auspiced by Womensport and Recreation Tasmania and funded by the Community Support Levy and the Premiers Physical Activity Council. The program receives additional support from Dept Health and Human Services, Women Tasmania, Sport and Recreation Tasmania, and Equity and Youth Strategies (Department of Education).



Department of Education
Department of Health and Human Services
Department of Premier and Cabinet
Department of Economic Development

womensport
and recreation
TASMANIA

