



About the Get Active Program

The Get Active Program (GAP) is a flagship program for Womensport & Recreation Tasmania (WSRT). It is a state-wide initiative that aims to enhance the health and wellbeing of participants through involvement in community provided physical activities. Participants take part in a 10-week series of 2-hour workshops, the first hour of which covers topics such as nutrition, motivation, stress management, self-esteem, and goal setting. The second hour is spent on fun physical activities which the group selects. Activities such as Tai Chi, aqua aerobics, bush walking, boxing, yoga, cycling, kayaking, Nordic Walking & Zumba have all been incorporated in GAP's, just to name a few!

GAP specifically seeks to engage adults of all ages who are not currently physically active, and who may have experienced barriers to physical activity such as lack of confidence and motivation, negative body image, concerns about personal safety and who may lack knowledge about the benefits of healthy eating. Most of our programs are gender-inclusive though some groups such as women's shelter programs or new dad's groups may be male or female-specific.

GAP has been operating in Tasmania since 2004 and has achieved significant benefits for participants. One of the many strengths of the program is its flexibility to meet different group needs. For instance, programs have been run for refugee women from different ethnic backgrounds, teenagers, middle-aged, older, rural and isolated people, and people with chronic health conditions. GAP can be modified to suit any setting whether it be indoor, outdoor or a mixture of both.

GAPs are delivered throughout Tasmania by trained facilitators who have access to WSRT's comprehensive selection of resources. Facilitators are the face of the program and are the key people that participants have contact with. A Program Manager is assigned specifically to deliver support to facilitators and ensure that participants receive a high-quality program that meets their needs. Evaluation specific data is collected at the beginning and conclusion of all GAPs.

WSRT continues to build relationships with key stakeholders throughout Tasmania including Child & Family Learning Centres, Community & Neighbourhood Houses, Councils, Mental Health Services, and Community Health Centres. In partnership with these organisations, WSRT is delivering a program that positively impacts its participants and improves health outcomes.

The GAP increases health literacy and awareness, delivers physical activity benefits and strengthens community connections. The 10-week timeframe allows participants to realise the benefits of consistent participation in physical activity and recreation.



For further information please contact the GAP Officer
[E gap@wsrt.org.au](mailto:gap@wsrt.org.au)