

About the Get Active Program



The Get Active Program (GAP) is one of the flagship programs for Womensport & Recreation Tasmania (WSRT). It is a state-wide initiative that aims to enhance the health and wellbeing of women, men and children through involvement in physical activity, and to encourage healthy eating habits. Participants take part in a 10-week series of 2-hour workshops, the first hour of which covers issues such as nutrition, motivation, stress management, self-esteem, and goal setting. The second hour is spent on fun physical activities which the group itself chooses. 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. The majority 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, elderly, rural and isolated, and people who have, or are at risk of developing diabetes. GAP can also be modified to suit any setting whether it be indoor, outdoor or a mixture of both.

GAP's are delivered throughout Tasmania by qualified facilitators who have access to a comprehensive selection of resources. Our facilitators are the face of the program and are the key people that participants have contact with. WSRT provides support to our facilitators long after their training is complete. A Program Manager is assigned specifically to deliver this support to facilitators and ensure that participants receive a high-quality program that meets their needs. Evaluation specific data is collected at the beginning of the program and participants are required to fill in an evaluation form at the conclusion of the program.

WSRT continues to build relationships with key stakeholders throughout Tasmania including Child & Family Centres, Community & Neighbourhood Houses, Councils, Mental Health Services, and Community Health Centres. In partnership with these organisations we are delivering a program that positively impacts its participants by improving confidence and motivation skills. GAP increases health literacy, promotes connections and awareness within the communities they are held and educates on the importance of a healthy diet. The 10 week timeframe allows the participants to feel the benefits of consistent participation in physical activity and recreation.

For further information please contact the Program Manager – Leez Robertson

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