



  
Womensport & Recreation Tasmania Inc.  
The Get Active Program (GAP) is a statewide initiative that promotes involvement in physical activity and supports participants to improve their health and wellbeing.  
GAP is proudly owned by Womensport and Recreation Tasmania Inc. and is delivered with support from the Department of Health Tasmania, and in partnership with many organisations across the state.



# BE HEALTHY & GET ACTIVE PROGRAM

Join us at SWIRL to experience the different physical activities on offer and learn health tips along the 10- week journey

## Program Highlights

Personal goal setting ✓

Nutrition ✓

Body positivity ✓

Fun physical activities ✓

**Register Now**



27 Jan - 31 Mar 2026 at 5.20pm



SWIRL- 114 Nelson Street,  
SMITHTON



**FREE PROGRAM**

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