

# be active Project Snapshot



**be active.**



- 61 neighbourhood and community house and centres applied for the grant
- All programs contributed to one or more of the **be active** goals
- Participants identified low cost of programs as an incentive to participate
- 45 centres participated in the 2007 program - 35 centres have maintained or expanded their original program
- **be active** promoted at 4 major events by CANH
- Community centres provide a “safe” environment for community groups that would **not** engage in sport, group or gym activities
- Target groups ranged across all ages, genders and cultures



Photos: Marion Learning Festival

*“Initial reluctance to participate has moved on to the participants requesting more activity!”*

*My daughter misses it – and she is a hard to please teenage....PLEASE HAVE MORE!!! And “She is not a ‘sporty’ kid..which is why I was impressed that she didn’t complain about running.”*

*“Over the 10 week period the group .. lost a combined weight of 48kg and it has had lasting effects on group members since the program has ceased and that they continue to exercise and are eating healthy.”*

*“I walk more. I walk the kids to school and then go for a walk.”*

*“I have more motivation to be fit and healthy...”*



Photos: Fitness Kitchen, Coromandel Community Centre

Number of Programs contributing to be active Goals

