

# AAA NEWSLETTER

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## FACTS:

Not being active enough ranks just behind smoking as a major cause of ill health in Australia. And yet the answer is simple. All it takes is 30 minutes a day and a moderate physical activity routine for you to enjoy improved health and wellbeing.

You've got a lot to gain by becoming more active.

There's a sense of achievement for one thing. You'll have more energy, sleep better at night and reduce your stress levels. And when you feel better, you can enjoy life more and make the most of all sorts of social opportunities.

## HORSHAM WALKING GROUP

The Wimmera Regional Sports Assembly is very excited to be re-launching the Horsham Walking Group! We hope that you all had a lovely Christmas and New Year and that you are very excited and motivated about walking again.



The Horsham Walking Group has over 35 registered participants and we really encourage everyone to come along and enjoy a walk along the river together.

The calendar has been modified depending on attendance at each walk prior to the Christmas break. (Please find attached, wallet sized calendars are also available upon request).



The calendars are also available online on the Sports Assembly's website: [www.wrsa.org.au](http://www.wrsa.org.au)

A monthly "frequent walker" prize will be awarded for outstanding achievements in attendance each month. If anyone has any other ideas or feedback regarding the walking group we would love to hear from you!

*Please remember to wear your name badge*

*Walking groups allow for a great form of physical activity to which the whole community can be involved. Walking is a great way for people to get involved in physical activity with minimal impact on their body while still achieving health benefits. Some advantages of walking groups include social inclusion, health benefits, friendship and affordable exercise. For further information: [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)*

## YOUTH BUS

A Youth Bus is:

- A fully equipped, professionally staffed mobile youth centre which enables workers to visit various locations and engage with young people in a safe and non-threatening environment.
- A space for young people to hang out, participate in planned activities, meet agency workers, get information and access support.
- Generally fitted out with TV/ DVD/CD players, play stations, X-boxes, sporting equipment, games, BBQ, etc.

Recently, a **Youth Bus Pilot Project** steering committee was formed to work on a new initiative funded by Wimmera Primary Care Partnership in collaboration with Grampians Community Health Centre and supported by other regional youth stakeholders including: Horsham Police Youth Resource Officer, Nexus Youth Centre, Wimmera School Focused Youth Service and Wimmera Regional Sports Assembly. The aim of this project is to source a youth bus for this region in an ongoing capacity.

To showcase the need for a Wimmera based Youth Bus, the steering committee has worked hard to locate and borrow the Sunshine Street Surfer to demonstrate to our local communities.

### The Youth Bus will be at:

#### Thursday 15th January 2009

Warracknabeal Swimming Pool  
11am-1pm

Hopetoun Swimming Pool 4pm  
to 6pm

#### Friday 16th January 2009

Rainbow Swimming Pool 11am  
to 1pm

**FREE** BBQ Lunch/Tea Provided  
at above venues

#### Saturday 17th January 2009

Northfest 09 - Family Fun  
Festival

North Foundry Gardens (Palm  
Ave Horsham) 4 - 8pm

*Lots of activities and fun on and  
off the bus!!!!*



### A Youth Bus aims to:

- Create opportunities for community engagement
- Raise awareness of services available throughout a region
- Deliver a range of programs, health services and physical based activities within rural and remote areas.
- Encourage community participation such as: self development, fun & leadership, focus on respect and responsibility and health education

We are on the Web!

[www.wrsa.org.au](http://www.wrsa.org.au)

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**"...Access for All Abilities aims to encourage and support sporting and recreational clubs, facilities and events to develop a more inclusive approach..."**



**PREMIERS ACTIVE FAMILIES CHALLENGE!**

For those interested in participating in the Premiers Active Families Challenge there will be lots of fun and prizes involved.

The Premiers Active Families Challenge encourages Victorians to do 30 minutes of physical activity a day for 30 days between 8th March and 19th April. Registrations for this open February 2009.

As registered participants, you'll receive ideas on fund

things to do, tips on improving your health and becoming more active, a certificate, your name printed in the Herald Sun Challenge lift out, events to get involved in plus your chance to win prizes.

Register for the challenge and you'll receive 15 free family visits to your local YMCA to help you achieve the daily 30 minutes of physical activity.

The Sports Assembly is encouraging everyone to get behind this great challenge and work together with friends and family members to achieve 30 minutes exercise a day for 30 days.

The Sports Assembly will assist you to register in the weeks leading up to the challenge, otherwise log online to register at [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

