

Active Terang

Where Everybody Moo-ves

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Project Officer



Establishing a need

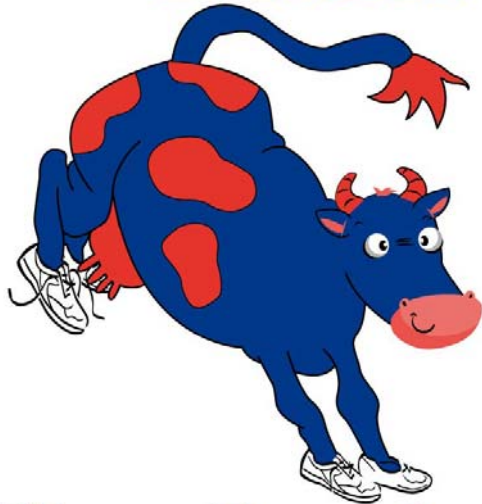
- Community Opportunity Workshop
- 150 people attended
- Need for physical activity facility established

Go for your life Funding

- Active Terang is supported by the Victorian Government through the Go for your life initiative
- Needs Assessment – Surveys and Focus Groups
- Appointing Project Officer

Active Terang Logo

**ACTIVE
TERANG**



**Where Everybody
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TERANG**



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Contact
Terang Community Health Centre
5592 0300



Providing a facility

- The local RSL hall was transformed for exercise classes to take place
- Equipment purchased



Lessons Learnt

- Follow up, follow up, follow up!
- Not everything will work the first time
- Partnerships and building relationships are very important

Evaluation findings

- 3000 participants from April 2008 to June 2009
- An increase in number of respondents who feel they have sufficient opportunity to be physically active
- An increase in number of respondents who feel they have appropriate access to physical activity programs

Sustainability

- Training Provided – Certificate III in Fitness & Easy Moves for Active Ageing
- Cooinda taking Let's Dance on as Volunteer Committee
- 14 classes currently being conducted at RSL Hall every week
- Kinder gym being run by Corangamite Shire at RSL Hall