

**SPORT
AUS**

**MOVE IT AUS
PARTICIPATION
GRANT**

***Do you have a lived experience
of mental ill-health?
Want to get fit & feel healthier?
Want to have fun?***

***Join Up and About, a new six week exercise group
designed to help you get up and get moving!***



Up and About features small groups that celebrate personal and group success.

The program is tailored to each group and individual's needs and skill levels.

People participating in the program have access to a wearable activity monitor (e.g. Fitbit) to track their progress, as well as discounted gym membership.

Interested? Let your case manager/key worker know, or contact us to find out more:

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rftas.org.au/upandabout | sportaus.gov.au/findyour30

FIND YOUR 30

