

# CITY OF BAYSWATER

## Move Your Body program

### Project date:

February - June 2012

### Project location:

Bayswater

### Target group:

People with disabilities

### Background

The City of Bayswater's five week Move Your Body program supported the existing Home and Community Care program. It provided participants with a new physical activity program at a local gym and raised awareness of healthy eating.

### Objectives

- Provide a daily exercise program tailored to each individual aimed at encouraging ongoing physical activity.
- Provide a healthy lunch whilst educating and reinforcing healthy eating options. This includes promotion of the Swap It, Don't Stop It messages.
- Encourage healthy eating habits.

### What happened?

- At the start of the program, the gym's personal trainers assessed each participant.
- Physical activity programs were developed and tailored to suit each person.
- A variety of exercise activities were

provided. Some participants used the gym while others played sport or did group activities.

- Participants did an hour of physical activity with the intensity based on their preference and/or ability.
- Each session was followed by a discussion of the benefits of exercising regularly in combination with healthy eating.
- Weekly feedback was sought from participants to gauge their progress, and so organisers could alter the program where needed.

### Results

- Participants displayed a positive attitude toward regular exercise.
- Majority of participants enjoyed the program with most becoming a lot more comfortable and familiar with using the gym.
- An increased understanding of the importance of a healthy diet and regular exercise in relation to personal wellbeing was established.
- Positive attitudes to healthy eating were evident.
- Since completing the program participants have requested further sessions.

### Participant quotes

"It was great."

"I really enjoyed using the exercise bikes and watching the children play on the basketball courts at the same time."

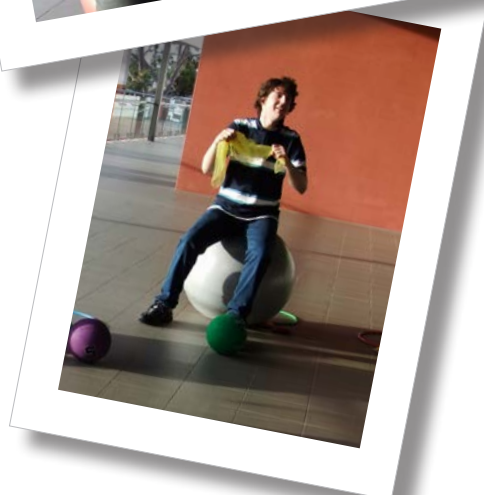
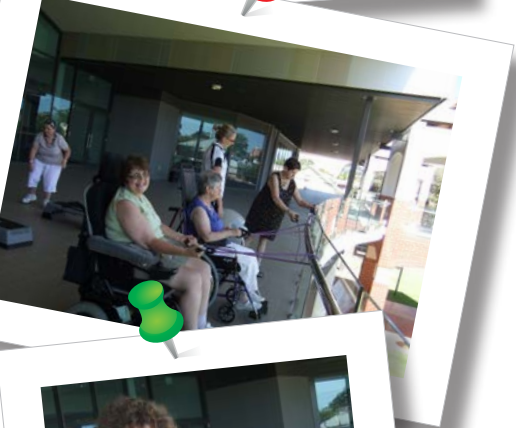
"I enjoyed doing the arm exercises and getting stronger and stronger."

I liked the group exercises to music that we did out on the balcony at The RISE."



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continued



## Tips for others

- Offering a wide variety of exercise programs worked well. It was also important to be able to alter settings and formats for individuals and groups.
- Changing activities each week kept participants interested.
- Incentives such as free healthy lunches were well received.
- Swap It, Don't Stop It resources and merchandise helped to promote and support the program.
- Exercise times before lunch worked well. During the middle of the day gyms aren't very busy so participants don't wait for equipment.
- Group based fitness sessions to music provided an enjoyable environment.
- People were more inclined to participate when they thought it was fun and not too serious.
- Using personal trainers/external facilitators for the exercise programs and health assessments provided added interest for the participants.

## Program partners

- City of Bayswater - The RISE multipurpose facility.

Promotion and Integration of the Swap It campaign

- Swap It, Don't Stop It resources and merchandise were distributed.
- Swap It, Don't Stop It Eric banner was used.
- Swap It, Don't Stop It A-frame signs were displayed.

## Where to from here?

The City of Bayswater plans to encourage participants to continue following this healthy lifestyle through regular visits to the gym and encouraging healthy food choices.

## Organisation contact

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