

Community Healthy Eating and Physical Activity Grants

List of Funded Project

Round 3 Funded Projects (implementation dates: September – December 2012)

Organisation Name	Project Title	Project Description
Advocacy South West Inc.	Swap It, Don't Stop It Network Challenge	Foodcents will deliver weekly <i>Swap It, Don't Stop It</i> sessions over 12 weeks and will incorporate the 12 week planner. Presentations will be given from Foodbank, a Dietitian and Diabetes WA, to coincide with World Diabetes Day. Three events will also be held (once a month), offering a family fun-filled day with walking activities, sports and a healthy picnic.
Bethanie House Mt Claremont Social Centre	Healthy Cooking Plus Gardening	Foodbank will facilitate Foodcents sessions over the initial eight weeks to provide nutrition information to participants. Herbs and vegetables will be planted in the herb garden available onsite which will be used in future cooking activities. Another eight week session will also be provided with a focus on physical activity. Participants will begin with a walk around lake Monger and warm-ups and warm-downs will involve gentle stretches. A physio and ex-personal trainer will be onsite to provide support for any that need.
Bicycling Western Australia	Ride2Work Day 2012	Ride2Work is part of a six month long national behaviour change program aimed at encouraging Australians to take an active form of travel to and from work. On October 17, participants are encouraged to register their ride and attend a free healthy celebratory breakfast in the Perth CBD.
Boddington Community Resource Centre Inc.	Bodd Active Swap It Don't Stop It Challenge	A 12 week program will be run for the Boddington community which will involve walking groups and a pedometer log book. The person with the most steps completed will be announced and celebrated at the BCRC Christmas Extravaganza event. Walking tours throughout Boddington will be available during this period to encourage participants to walk. Nutrition classes will also be run during this 12 weeks with each member bringing in recipes to create a recipe book by the end.
City of Perth	Swap It, Don't Stop It - workplace healthy eating and physical activity project	A 'Healthy Eating and Physical Activity' program has been designed to encourage members to make long term changes for better health. Five programs will be delivered to five different workplaces including CoreMoves activities (with a personal trainer), health risks and associated changes to reduce this, overview of measurements and optimal levels, reading food labels and the importance of hydration.
Community Living Association	Move and Groove	This program will consist of four workshops over four weeks, each incorporating new moderate intensity dance classes. These classes include Boot Scooting, Pilates/Yoga, Dance Therapy and Belly Dancing. The workshops will be cater for people with a disability in the 18-60year age group.

Georgiana Molloy Anglican School	Fit & Healthy	Two mornings per week, parents will be invited to participate in physical activities with students at the school. One morning per week parents will participate in a workshop in the canteen learning how to prepare healthy snacks and meals for families. The program will run over eight weeks.
Green Skills	Albany Cycle Fest - Swap Driving a Car for Cycling	A one day bicycle festival will be held; offering bike maintenance classes and warm up and cool down stretches. A dietitian will also be present on the day, promoting the 12 week planner and providing relevant nutrition information. Healthy snacks will also be available throughout the day.
Identity WA	Swap It don't stop It staff cooking challenge	Staff will have an opportunity to attend healthy workshops run by Foodbank WA once a week for two weeks. At the conclusion of the workshops a 'cooking challenge' will be conducted to assess staff's newly developed skills and knowledge. Ten education sessions on diabetes and general wellbeing will be run at a number of venues by Diabetes WA to ensure that all staff members can attend.
Jacaranda Community Centre	Strong Bodies	Targeted at Aboriginal women, the program consists of a 'Move It' weekly walking group run by a Heart Foundation walking organiser over ten weeks. A morning tea will follow where participants will select simple swaps to achieve each week. Foodcents education will be provided each week to all participants with ingredients supplied from the community garden. Cooking classes will also be run each week and themed to encourage creativity and participation. All participants will be provided with herbs to begin their own herb garden at home.
Kondinin Community Resource Centre	"Swap It, Don't Stop It" Comes To Kondinin	'Swap It, Don't Stop It' in Kondinin will target the indigenous and unemployed population of Kondinin. Anyone in the general population who wants to improve their health and fitness levels will also be encouraged to attend the walking groups, shopping tours and cooking sessions provided throughout the month of October.
Mandurah Migrant Centre (Bridge Builders Ministries)	Wellness Program	Synchronising with Walk Over October, the Mandurah Migrant Centre will implement a six week wellness program to facilitate health vitality and provide new friendships for recent migrants. It will consist of badminton, 1hour walks, resuscitation education and Food Literacy program education.
Manjimup Family Centre	Yummy Mummy's	13 weeks of strategies that give mums access to information on healthy eating choices and promote participation in a variety of different exercises. Encouragement, Support and Knowledge is provided to make these positive changes. Upon completion, a Yummy Mummy's celebration will be held.

Men's Resource Centre	Swap It, Don't Stop It: Blokes Healthy Survival Cooking	Targeted at single males or males who have become carers, this program will run twice in three weeks duration each and will cover easy to source, easy to prepare and easy to cook nutritious food. Foodcents officers and a chef will be in attendance to provide hands on knowledge and encourage the group to ask questions and learn new things.
Murdoch University, School of Nursing and Midwifery	Deadly Yorgas Swap It Don't Stop It Program	In collaboration with Bindjarab women Leaders and Elders, a 12 week pilot intervention has been designed with the aim of promoting positive changes in healthy eating habits and increasing participation in physical activity. Nutrition and cooking classes will be provided with aid from Foodcents officers and Zumba classes will also be provided. A walking group will be encouraged to initiate and continue past the completion of the program.
Palmerston Association Inc.	Wungening Boodja (healing land)	Over a period of 11 weeks, activities focusing on nutrition, growing fresh produce, promoting healthy eating and cooking, simple healthy eating swaps and understanding the importance of nutritious food will be provided to the Mt Barker and Katanning community. The program will be supported by a gardener, cook and dietitians to allow for the development and maintenance of a garden bed.
Perth Diocesan Trustees also known as All Saints Anglican Church	Belmont Growers Community Garden & Cooking Club	To complement the cooking club that already runs in the church hall, a community garden will be established. Participants in this program will be encouraged to help create the garden, giving a sense of ownership. All members will also be encouraged to continue the cooking club activities and once the garden is ready, this food will be used for all future cooking classes.
Royal Life Saving Society WA	Healthy Choices For Remote Aboriginal Communities	Regular physical activity will be encouraged to the Aboriginal community by organising weekly water activities. 'Open days' and 'have a go' days will begin to encourage the community to get involved. Once participant levels grow, weekly water aerobics classes will be provided followed by morning teas with fresh fruit after each class.
Salvation Army WA	DVD for Cooking Healthy Simple Meals	500 DVDs will be produced that demonstrate simple, healthy, low-cost recipes along with advertising from the LiveLighter campaign to reinforce these messages.
Serpentine-Jarrahdale Community Resource Centre Inc.	Swap Sitting For Moving Pedometer Challenge	Teams of four will register to compete in a pedometer challenge lasting four weeks. An information pack will be provided to all those who participate to encourage them to increase physical activity and healthy food choices at all times. A walking group will be run to coincide with the pedometer challenge and all will be encouraged to attend on a weekly basis. Upon completion, the winning team will be given small prizes and all will attend a healthy cooking workshop and a free lunch.

Shire of Bridgetown - Greenbushes	Blackwood Valley Swap It Don't Stop It have a go challenge	'Have a go' sessions will run over 12 weeks in the Shire of Bridgetown Greenbushes to display all physical activity currently available at the local recreation centre. Various physical activities will be available, along with Spring Time cooking sessions (3 x 2 week courses) to educate all in attendance on cooking healthy meals and using seasonal produce. Prizes will be awarded to participants that attend multiple courses.
Shire Of Chapman Valley	Healthy Harvest Program	The six week fitness and healthy eating program will target farmers in the Shire of Chapman Valley who are preparing for the busy harvest season. It will provide knowledge on lunchbox food, mobile office exercises, and mental and physical fitness programs. A personal trainer will be involved to create activities tailored to specific individuals and a resource kit will be provided on completion, including a lunch box and healthy recipes.
Shire Of Corrigin	Swap It, Don't Stop It - Corrigin 2012	The Shire of Corrigin will promote the programs and facilities on offer at the local resource centre to all community members over one week. To coincide with this, cooking and physical activity sessions will be provided to members of the community by the following: <ul style="list-style-type: none"> • Cooking sessions will provide food knowledge, healthy eating ideas and food shopping tips. • Four cooking classes will be presented by a chef with a focus on low-cost meals for families. • Four outdoor fitness circuit sessions will be run by a qualified instructor at Apex Park. • Community walks around the Corrigin town site.
Shire of Denmark	Swap It, Don't Stop It - Give it a Go!	Run over an eight week period, this program will include walking group sessions by a qualified Heart Foundation Walk Organiser and Food Sensations Education sessions specifically tailored to those that attend. Eight cycling group sessions, followed by a morning tea discussing simple swaps will also be provided, along with eight physical activity and healthy eating workshops targeting parents in Denmark. Crèche facilities will be provided to remove any obstacles associated with attendance.
Shire Of Dowerin (with Avon & Wheatbelt Primary Health Service)	Swap It up for Health in Dowerin	Swap It Master Classes will be held for 2 hours over 4 weeks and will target parents with children. The classes will cover healthy eating for families, lunch box ideas, portion sizes and recommended serving sizes. Local Swap It stickers will be developed to encourage people to be more active and will link with the Walk Over October campaign by encouraging the community to join walks throughout October.
Shire of Gnowangerup	6 weeks of fitness fun and food	A six week healthy eating and exercise program will be held across the three towns of Gnowangerup, Borden and Ongerup. Each town will be provided with the opportunity of joining a local walking group and the option of joining a mixed netball group. On November 10, a one day workshop will be available in the Shire of Gnowangerup. This day will include eight exercise classes, 'Amazing Race' style activities and a healthy barbecue sundowner upon completion.

Shire of Goomalling	Great Health, Great Life, Great Goomalling!	During a six week campaign, local gym instructors will hold group fitness classes on Saturday mornings to promote activities accessible at the gym. An open day will also be held to promote these classes for one full day for free. Shopping tours and nutrition workshops targeting mothers with young children and farming families will be delivered over four sessions. These sessions include label reading, the importance of healthy eating, portion sizes and making recipes healthier.
Shire of York	York Swap It, Don't Stop It	The Shire of York will run physical activity and healthy eating activities for community members in York, namely parents of children with a focus on Aboriginal people. The classes will include cooking sessions with public health dietician and Indigenous foods, supermarket tours, walking groups, outdoor boxing circuit classes, indoor gym sessions and moderate physical activity afternoons.
Sports Medicine Australia	Pilbara Health & Recreation Expo	A one day exposition will be held to showcase all resources and activities available within the local community. The day will include a nutrition seminar, cooking demonstration, injury prevention seminar, exercise classes, sporting activities (and sign-ups) and an interactive 'Swap It' display with prizes for anyone with the best 'swap'.
St Bartholomew's House	Have a crack - get on track	This program is based on the Get on Track Program available through Diabetes WA and will run for eight weeks. It will target residents at each of the St Bartholomew's Residential Units (Bentley, Middle Swan, Kelmscott and Stirling). Participants will be asked to log physical activity, fruit and vegetable consumption on a daily basis. Upon commencement, mid-way through the program and upon completion, the program will hold events with attendance from all four venues.
WACHS Population Health Albany	Swap It, Don't Stop It Great Southern	Participants will be provided with Food Sensations training to provide a 'Train the Trainer' method through Foodbank WA. The focus groups will include CaLD, Aboriginal groups and families. Upon completion of the training, participants will be supported to deliver a minimum of two Food Sensations sessions, with further support provided to those who need.
West Arthur Community Resource Centre	Swap 5 to be more alive	Young parents who are actively seeking a healthier lifestyle are encouraged to attend a five week program offering different, fun exercises each week with an intention to continue the favourites upon completion. The first and last sessions will be preceded with a presentation on nutrition and diet and how to make swaps for improvement. This will be enhanced by a basic health check on the first session to establish a starting point, then again at the last session to measure progress.
West Australian Mountain Bike Association	Beginners Mountain Bike Look and Skills Area	A 500m trail and small skills area will be built for mountain bikes to travel on. The trail will be constructed by volunteers and then used by all users for free and open all year round. An 'opening event' will be offered upon completion of the trail and all beginner riders will be offered a chance to try mountain biking and learn basic skills and knowledge.

Round 2 Funded Projects (implementation dates: January – July 2012)

Organisation Name	Project Title	Project Description
Kimberley Population Health Unit	Healthy Happy and Wise	Targeted at Aboriginal people aged 25 and over, the Healthy Happy and Wise project aims to prevent chronic disease and promote a healthier wellbeing through regular physical activity and nutritional advice. The project will provide pool entry and aquatic aerobic sessions, followed by health information sessions during Broome's wet season. In May, when the weather eases up, walking groups will commence and continue through to June.
WACHS Midwest	Healthy Active Mullewa	To coincide with the opening of the new canteen in term 1, 2012 at Mullewa District High School, an event will be held to promote physical activity and healthy eating to parents and guardians of school aged children in Mullewa. The event will feature fruit and vegetable demonstrations, mascots and physical activity examples. The event will be used as a forum to engage parents and guardians into healthy eating and physical activity programs over the following 12 weeks, which will include healthy eating education, cooking workshops, an excursion to Mullewa's community garden and weekly 'have-a-go' physical activities. Resources and ongoing support will be provided throughout the duration of the project.
Shire of Merredin	Move Your Balloon in June	Merredin and surrounding communities will be involved in a ten week program that involves – six weeks of gym circuit sessions run by a personal trainer, five 'Swap it' cooking and education sessions run by a dietician and ten walking group sessions. Healthy tucker boxes will be designed by a local Aboriginal women's group and a Merredin Swap It Board will be on display for community members to add their favourite swaps. On July 1, 2012 the 'Move your balloon' event will be held in Merredin. The event, which ran successfully last year will incorporate Swap It, Don't Stop It! messages into the day and provide resources to those who attend.

Ishar Multicultural Women's Health Centre	"Lets Be Healthy" Program for CaLD Women	Two programs running simultaneously in Butler and Banksia Grove will consist of three hour workshops once a week for four weeks. Each week the first half of the session will focus on nutrition whilst the second half will involve physical activity. The sessions all end with a shared meal. The program targets culturally and linguistically (CaLD) women in the upper northern suburbs.
Shire of Capel	Food and Fitness in the Park	A one day showcase event will be held in Dalyellup during Heart Week 2012 to support a 'healthy heart and lifestyle' message. The aim of the event is to show participants from Capel the resources and activities that are available to them by having multiple sporting activities (e.g. walks, outdoor games) and demonstrating the correct use of gym equipment by TAFE students. A healthy BBQ challenge will also be organised whereby participants will be judged on their cooking skills, along with taste, creativity and health.
Department of Environment and Conservation	Bicycles & Bananas: Cycle Training and Healthy Eating	The project aims to increase the number of adults cycling for both transport and recreational purposes in TravelSmart Workplaces in the Perth metropolitan region. On road and off road skill sessions will be provided along with cycle theory, bike maintenance and FOODcents workshops. Swap It, Don't Atop It messages will be integrated into the course during theory sessions. Two 'Go Bananas for Bicycles' events will be held, containing a group social ride followed by a healthy breakfast and banana smoothie.
Newdegate Community Resource Centre	Lifestyle Changes	Newdegate Community Resource Centre is offering a five week program that will focus on both physical activity and nutrition and will be held and led by qualified health professionals. Each week will focus on a different healthy eating or physical activity component such as injury prevention, food label reading and exercise and injury prevention. The class will end with a review on the information learnt from previous weeks. Health promotion support will be provided throughout the duration of the program and participants will be encouraged to continue physical activity classes at the Community Resource Centre upon completion of the project.
Boab Health Services	Cook Em' Up Wyndham	Healthy food demonstrations and 'cook ups' will run once a fortnight with demonstrations delivered by dieticians. Swap it messages will be encouraged at the demonstrations, along with other healthy eating messages. Promotional material will be placed in monthly bulletins provided to all participants

		and at local stores. Swap It, Don't Stop It! resources and merchandise will also be distributed to partakers.
Shire of Wandering	Wandering, Swap It, Make It, Change It, Fit It Challenge	The program aims at challenging participants to increase their physical activity levels, healthy eating skills and knowledge on chronic disease. The increase in physical activity levels consist of extra walking group classes; the Get on Track challenge and additional yoga, Zumba and fitness classes. Healthy eating workshops and cooking classes will be provided throughout the duration of the program. Swap It messages will be incorporated throughout the duration and education on chronic disease and the associated risk factors will be available to all. To ensure the benefits of the program will last long after the completion date, many lasting prizes and incentives will be given to members upon conclusion of particular challenges.
Mboko Children Association of WA Inc.	Healthy Cooking Healthy Eating	Cooking workshops run by community trainers (who have completed FOODCents training) will be held for African communities residing in the Perth metropolitan area. The workshops will focus on traditional African meals, but will swap ingredients for those with a more economical cost that are a fresher and healthier alternative. A community event will be held on completion of the project with culturally specific dances and demonstrations. A healthy cook book launch will also be provided for the community.
Rainbow Coast Neighbourhood Centre	Healthy Living Project	Eight workshops will be held for all participants to help grow a community garden, providing the opportunity to learn how to grow your own food, access local and fresh produce and share knowledge on traditional recipes. Physical activity will also be accomplished during the ongoing gardening and exploring local walking trails.
City of Stirling	Healthy lifestyle Program for Young Mums	Each week, for twelve weeks, a two hour session will be provided for new and existing mothers. The class will begin with a 'mums and bubs' exercise class, followed by an hour session on Health promotion. These sessions will include information on healthy eating/weight programs, cooking demonstrations and budget shopping. The Swap It, Don't Stop It! 12 week planner will be used each week with the aim that on completion of the program, mothers will have an increased awareness on chronic disease, the associated risk factors and ways to reduce this risk.
City of Bayswater	Move Your Body	The aim of this project is to support the current Home and Community Care program. The program is

		already very successful, so an extra component titled 'Move your body' will be added and available to all participants (new and existing). The new component focuses on introducing partakers to exercise equipment run by personal trainers. This way, participants are taught how to use all equipment correctly and can take this knowledge away for future reference. Healthy lunches will be provided after each training session and 'Swap It, Don't Stop It' eating options will then be discussed amongst the group.
Southern Cross Care WA	Eat Well Live Well	The program consists of four stages – planning, shopping, cooking and a follow up. The program is aimed at those with a disability and focuses on providing and educating individuals on healthier meal choices. Members will then be asked to help produce healthy meals whilst giving them an environment to increase their sense of community.
Gosnells Womens Health Service	Healthy Heartbeats	The program, aimed at increasing awareness of chronic diseases and a healthier lifestyle, will run during February. It will encourage participants to join online support groups, fitness tests (prior to and on completion of program), weekly fitness activities and information sessions on nutrition and heart health for women.
Shire of Collie	Reconnect With You!	The project is aimed at providing affordable physical activity sessions, whilst giving free educational messages and nutritional advice. Incorporation of the Swap It, Don't Stop It! message will be used to build support networks amongst the community. Physiotherapists and Dieticians will give talks to all partakers along with providing supermarket tours and group fitness classes twice a week.
CLAN WA	Healthy Families, Solid Futures	Two, six week workshops (2.5hour sessions weekly) will be run during term 1 and 2 of school. The workshops aim to educate parents on implementing healthy food into both their diet and their children's' through nutrition and cooking sessions. Each program ends with a session at 'A Garden Path' in Bedfordale, encouraging families to take home vegetable seedlings to grow their own food.
City of Mandurah	Lifestyle Leisure Program & Bike Valet Program	The Leisure Lifestyle Program consists of 8 week educational sessions showing participants facilities and opportunities available in the City of Mandurah. Lifestyle sessions will be held to support participants to make healthy changes to their diet and physical activity and they will be encouraged to bring healthy recipes to contribute to a healthy cookbook.

		The Bike Valet Pilot Program is the installation of a bicycle valet in the City of Mandurah. The pilot will be held in time with the Mandurah Crab Festival. The program encourages physical activity in fun ways and allows social interaction at the same time.
Senses Foundation	Food Sensations in Supported Accommodation	Based on a program that is successfully running in Rocky Bay, the project will be aimed at residents in the Senses community homes. The program will consist of 2hour sessions for 4 weeks, plus additional sessions upon completion to implement skills learnt during the program. The program will focus on increasing awareness of healthy eating, portion control, label reading, food storage and hygiene among others.
Brookton Community Services Inc.	Enjoying the Energy in 2012	A 12 week program will be run in Brookton, staged twice a day (early morning and early evening to cater for everybody) to increase residents' levels of physical activity, encourage healthy eating and encourage a healthy weight. Week one will begin with weights and measurements along with nutritional advice. Week's two to seven will continue on fitness levels and activities. Week eight is a celebratory healthy barbecue and week's nine to twelve will involve the participants continuing everything they have learnt 'at home'. They will also be offered support and advice through phone conversations during the last three weeks.

Round 1 Funded Projects (implementation dates: September– December 2011)

Organisation Name	Project Title	Project Description
The Royal Life Saving Society – Western Australia	Healthy Choices for Remote Aboriginal Communities	This project will adapt the existing RLSS 'Swim for Fruit' program (which targets children), to specifically target Aboriginal adults within six remote Aboriginal communities in the Pilbara and Kimberley regions. The project aims to improve physical activity levels and nutrition by encouraging attendance at and participation in swimming at local pools This will be done by holding whole community open days in November where have-a-go swimming sessions will be run. People will be introduced to aquatic sports and a lap swimming program will also be available. Go for 2&5 [®] resources will be distributed and a healthy lunch and fruit will be provided to participants to increase awareness of healthy nutrition.
Shire of Northam	Find Thirty every day [®] in Northam	In conjunction with the opening of the new Northam Recreation Facility, this event will promote physical activity to local residents. Attendees will have the opportunity to 'Have-A-Go' at activities both in the leisure centre and locally in the shire, visit information stalls and meet state sporting figures. There will be a 'Find Thirty [®] ' resource stall to offer examples of how to 'Find Thirty every day [®] in Northam'. There will also be a passport system where attendees can gather 'stamps' by participating in local activities to enter a raffle. The event will be broadcast by the local radio station.
Multicultural Service Centre of WA	Healthy Families, Happy Families	This project is targeting Burmese-Karen-Chin communities who have recently settled in WA. One of the main objectives will be preparing healthy meals for the family by adapting traditional recipes, using local, fresh, seasonal ingredients, the other major objective will be on keeping physically active – encouraging the continuing use of public transport, cycling, exploring walking trails and playing traditional games. These activities will be conducted over an 8 weeks period. During this time a famous Burmese musician and composer living in WA will be commissioned to compose a song incorporating the key health messages of eating healthy and keeping active. The project will culminate in a community event which will involve a cook-off competition. The whole community will be encouraged to attend this event and taste different Burmese foods.

South Lake Ottey Family & Neighbourhood Centre	Healthy, active community initiative	This project will promote and develop a healthy, active community initiative for the South Lake / Cockburn area. Weekly physical activity and healthy eating workshops will be run. In the healthy eating workshops, participants will learn how to make low cost and tasty meals. These meals will be shared at a social gathering where guest speakers will be invited along to talk about healthy living. The project will also see the development of a weekly walking group and a recipe book.
The Community Development Foundation	Lifestyle Compact	Based at Neerigen Brook Primary School in Armadale, this program targets parents and community members and promotes a healthy active lifestyle through education, participation and commitment to activities. The program comprises three levels of activities including nutrition (Community garden and kitchen), fitness classes (involvement at local clubs), active school days (Heart Foundation Jump Rope for Heart), with awards being given upon completion. This is a grass-roots, community driven project to inform and guide the parents and wider community to make better, sustainable lifestyle decisions. This program will be linked with the existing School Passport System which focuses on parent participation in their children's education.
Shire of Pingelly	Pingelly Swap It, Don't Stop It!	This project is targeted at 25-50 year olds and will incorporate healthy eating workshops, cooking classes and exercise sessions. Non traditional options such as Zumba and yoga will be offered and the existing Heart Foundation walking group will be reinvigorated. There will also be a Get on Track Challenge and Pingelly's Greatest Loser Competition. Healthy food hampers, pool memberships and gym memberships will be given away as prizes.
Community Living Association	Cooksmart	This project is designed to cater for the specific needs of people with a disability in the Albany region. The workshops which will run over six weeks and will aim to encourage participants to make healthy meal choices. Topics covered will include basic nutrition advice, cooking, food hygiene, safe food storage, portion sizes and shopping on a budget. The cooking component will cover practical, easy, healthy choices and will be presented both in pictorial and written format to cater for all levels of ability.
Shire of Moora	Spring into Health	Encompassing a total of six local government areas (Shires of Chittering, Dowerin, Goomalling, Moora, Toodyay and Victoria Plains), this initiative encourages adults in rural communities to increase their physical activity and improve their nutrition. Three motivational challenges will be run where the

		towns will compete against one another: Step it up Pedometer Challenge, Find Thirty [®] Exercise Challenge and Get Results Wellness Challenge. A series of educational and physical activity sessions will be delivered across the local government areas to support participants in these challenges. Participants will receive fortnightly newsletters with information on healthy eating and physical activity to help to keep them motivated. Information packs and motivational prizes will be distributed.
Shire of Lake Grace	KingFit	The project has come about after a 2010 survey that identified the need for fitness and nutrition classes for this isolated area. The aim is to increase the wellbeing of the Lake Grace community by having a four week nutrition and physical activity program. Each week will have a fitball class led by a physiotherapist. Other topics covered during the program will include recipe swapping, label reading and healthy cooking workshops.
City of Stirling	Social riding groups	The City of Stirling has identified a target group of women who would be interested in social bike riding with other women on a regular basis (and that are not already catered for by other already established groups). To cater for this need, this project aims to establish three social riding groups for females who have low to medium levels of cycling skills and confidence and want to cycle for recreation as well as improving fitness levels. The groups will be run by qualified coaches or experienced cyclists for the first 12 weeks, then participants will be encouraged to take over the group themselves. They will be continually provided with support and resources by the City of Stirling as needed. Successful existing cycling groups supported by the City of Stirling have attracted participants from up to 25 different national backgrounds and it is anticipated that these new groups will be similar.
Mercy Community Services Inc.	Cook Wise – Stay Healthy	This program is targeted at the socially and ethnically diverse community in Mirrabooka. Nine nutrition sessions (delivered by Foodbank WA and Diabetes WA) and one physical activity session will be delivered over the program's duration. The Foodbank workshops will cover basic nutrition, budgeting, shopping, food preparation, cooking ideas etc. and will be supported by practical sessions. The Diabetes WA sessions will provide information on ways to prevent diabetes, how to read food labels and will also involve an interactive supermarket tour. A group recipe book will be compiled by Mercy Services (this will include the recipes and ideas delivered throughout the sessions).

Harvey Rec and Culture Centre Inc	Harvey - Swap It, Don't Stop It, "Have a Go" challenge	This project will link in with the Harvey Recreation and Cultural Centre turning 18. A 'Have a Go' physical activity challenge will run for 12 weeks in conjunction with the 'Swap It, Don't Stop It' 12 week planner. During this time adults can come and try various physical activities for a gold coin donation. All activities correspond to programs already offered on various days and times at the Harvey Recreation and Culture Centre. A radio program entitled 'Life at the Centre – The Physical Activity Show' will run on Harvey Community Radio to promote the challenge and the Swap It messages. The aim of the project is to increase physical activity and social interaction in the Harvey area.
Boogurlarri Community House (Inc) Family Support Service	Improving Health for Life	Based at the Boogurlarri Community House in Langford, this project is for the Practice Makes Perfect (PMP) group - a weekly support group for those with English as a second language (the group provides them with an opportunity to 'practise' their English in a relaxed, supportive environment). The project will run over 14 weeks with a focus on teaching participants about how to make healthy lifestyle choices, cooking for health and on a budget (FOODcents), goal setting and showcasing local physical activity opportunities. The group will also develop a cookbook.
WACHS - Midwest	Go for Green	This project is based in Yalgoo, where the majority of the population is Aboriginal. The target for the project is adults 25-50, particularly those with children. The project will see a series of 'shelf-talkers' developed (by local children) to be placed in the local store to highlight healthier food choices. A dietician will lead a series of nutrition and cooking sessions as well as tours of the local store to highlight healthy choices. A community launch event will be held in conjunction with the local Health Expo.
WACHS - Southwest	Value for Money Health	Using a 'train the trainer' model, workshops will be held at four locations across the SW. Participants will be from service organisations who support clients from vulnerable groups (such as new migrants, those with a low SES status and people with disabilities). The sessions will provide participants with the opportunity to increase their skills and knowledge about healthy eating and being active on a budget, and then pass this information onto their clients. All of the workshop sessions will contain a

		<p>healthy eating and physical activity component. Training will include the FOODcents program and use of physical activity tools such as Fitdeck cards, audit tools, walking group and active transport information and the promotion of web-based education and challenges such as Diabetes WA Get on Track Challenge and My Healthy Balance. All participants will be given a 'toolkit' which contains information from the workshops. Participants will be provided with support until they feel comfortable running their own workshop and the opportunity to participate in a network (to provide ongoing support to promote healthy eating and physical activity with their clients).</p>
Goldfields Esperance GP Network	Living Healthier	<p>This project targets low SES groups in the Kalgoorlie-Boulder region. The project will see the development of a Heart Foundation Walking Group in Kalgoorlie. A community launch event will be held for the walking group, followed by morning tea. Participants who attend the group regularly will be provided with pedometers. The Network will also conduct interactive nutrition education sessions and cooking demonstrations, in addition to working with the remote food store in Laverton to promote healthy food choices.</p>
Town of Port Hedland	Walk It Hedland Healthy Challenge	<p>A four week challenge based in Port Hedland to encourage walking and to improve healthy eating habits. The challenge will comprise the following events:</p> <ul style="list-style-type: none"> - a Paws Walk event where participants and their dogs walk 3.5km along Port Hedland beach front - a pedometer challenge - nutrition seminar - health assessments by local doctors and pharmacists - healthy cooking challenge <p>Healthy eating resources and details of service providers will be distributed at events. It is anticipated that the events will encourage a sense of community amongst participants, together with an ongoing healthier lifestyle.</p>
Ethnic Communities Council of WA	Fitness on the Run	<p>This project will be held across the suburbs of North Perth, Nedlands and Greenwood and has been designed to cater for the needs of South East Asian families from Pakistan, India and Bangladesh. The primary objective of this program is to provide opportunities for everyone in the family to participate in activities that promote physical activity and healthy eating. Activities include: a healthy cooking competition for families (followed by workshops from three health experts), bowling Olympiad, IQ night for families (with nutrition and physical activity questions and activities) and a series of six</p>

		physical activity sessions for women and a fitness and sports day for families.
WACHS – Midwest-Gascoyne	Live Well Program	The program will run twice in Carnarvon and once in Exmouth (with the option of videoconferencing). The program aims to educate and reinforce healthy decision making. A community Dietician, Physiotherapist and Health Promotion Officer will implement the sessions which will include fitball / pilates, cooking skills, healthy food choices and positive thinking. The program will target adults between 35 – 65 years of age that are at risk of developing chronic disease.
Town of Kwinana	Swap It! It's Parks Play!	The already functioning 'Healthy Lifestyles Caravan' will be equipped with sports equipment and life-size board games. It will then be taken to four to six local parks where all families in the neighbourhood will be encouraged to swap an afternoon inside for an afternoon picnic and meet and mingle with their neighbours. Through Role Models Inc. WA and the Wirrapunda Foundation, high profile athletes will be invited to these local parks to encourage local families to participate. A healthy lunch and health promotion material will be available to those families who attend the event.
Kurungal Council Inc.	Get Out of the House	This is an adult exercise program for people living in the Kurungal communities of Wangkatjungka, Ngumpan and Kupartiya. Weekly activities will be organised and incorporated into existing sport and recreational activities. This will include team competitions, gym, physical activity classes and morning walk programs. There will also be nutrition talks from health practitioners and healthy food available after activities. Resources from the Heart Foundation, Diabetes WA and Nindilingarri Cultural Health Service will be used to promote the importance of physical activity and a healthy lifestyle to give good outcomes for Aboriginal people.
Extra Edge Community Services Inc.	Family Fit First	This project will see the implementation of a series of low cost interactive workshops that encourage healthy eating and physical activity for mothers within Boronia Pre-Release Centre for Women and their children. The program will focus on helping women to develop positive life habits as part of their transitional plan into the wider community. The workshops will comprise a full day visit to Foodbank WA to learn about eating healthy on a budget. There will also be five interactive cooking workshops (focusing on promoting healthy snacks, family meals and lunchbox options) and six physical activity sessions (focusing on family activities).