

SHIRE OF PINGELLY

Project Date:

September – December 2011

Project Location:

Pingelly

Target Group:

Local residents aged between 25-50 years

Background

The Shire of Pingelly conducted a 12 week healthy lifestyle program for local residents consisting of healthy eating workshops, cooking classes and exercise sessions. The Get on Track and Pingelly's Greatest Loser competitions both commenced, along with group Zumba and yoga classes. Current Heart Foundation Walking groups were rejuvenated.

Objectives

- Develop positive attitudes toward changes in healthy eating, physical activity and healthy weight range.
- To educate participants on improving their diet and the risk factors of poor nutrition.

What happened?

- Healthy eating workshops and cooking classes were conducted.
- Exercise sessions were scheduled with high and low intensity options provided.
- A Get on Track challenge (coordinated by Diabetes WA) was implemented. Eight teams comprised of six participants simulated "walking" the Bibbulmun Track over a period of 12 weeks.

- The Pingelly Greatest Loser Competition was established and 45 participants enrolled.
- Healthy food hampers, pool and gym memberships were given away as prizes and incentives.

Results

- Approximately 60 local residents took part in the overall program, providing positive feedback.
- The Pingelly Greatest Loser Competition and the Get on Track Challenge were both very successful with plans to repeat the programs.

Tips for others

- Use a combination of different activities to cater for varied age groups and interests.
- Prizes and incentives had a positive effect on participation numbers. Examples of prizes include healthy food hampers, pool and gym memberships.

Where to from here?

The Shire of Pingelly is now investigating other programs to complement its approach to healthy lifestyle choices within the community. They plan to provide more healthy cooking classes.

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