

# EXPRESSION OF INTEREST

## Healthy Sports Clubs Pilot



**Monash Health in partnership with Cardinia Shire, City of Casey and City of Greater Dandenong are piloting *Healthy Sports Clubs* for the 2019 winter season.**

### What is *Healthy Sports Clubs*?

- An initiative that encourages clubs to create healthier environments that promote good health and wellbeing.
- Completely **FREE** and provides on the ground localised support from Health Promotion professionals at Monash Health and sports professionals at your local council.
- Includes 5 health areas your club can choose to focus on and work through, creating healthy actions that can improve your club community.

### Why focus on sports clubs?

- Sports clubs are already leading the way in their local community by promoting physical activity so are an ideal setting to create healthy changes.
- Sports clubs are a place where both children and families spend a lot of time, so healthy changes in clubs can positively impact the whole club community.

### What are the benefits?

- Takes your local club from good to great!
- Helps your club to become a sports club of choice in your community.
- Allows your club to progress through at your own pace, with constant support from Health Promotion professionals.
- Builds and strengthens existing health efforts at your club, and uses existing programs such as *Good Sports*.
- Provides you with recognition for achieving health areas meaning you become a healthy sports club, recognised in your local community.



## INTERESTED?

**Spaces are limited!** For more information on *Healthy Sports Clubs* please contact Cassandra Crothers-Swensson at: [cassandra.crothersswensson@monashhealth.org](mailto:cassandra.crothersswensson@monashhealth.org) or call 5941 0560