



**PROGRAM:** Fitness Program

**TIME:** 1300-1500

**DAY:** Wednesday

**FACILITATOR:** Lucy Millar

**AIM:**

For clients to get exposure to various types of exercise and be able to do it in a group setting which is beneficial to their health and also social skills.

**GOALS:** (Relates to NDIA goals of clients)

- To participate in exercise to benefit their health and promote a healthy lifestyle.
- To socialise with other participants to increase their social skills

**OUTCOMES:**

- Exposure to different type of exercise to potentially find a type of movement they enjoy doing
- Maintain and form new friendships with other participants
- Promote and/or inspire a healthier lifestyle
- Social exposure to different people in the community
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**RESOURCES:**

Water Bottle	
Towel	
Hat	
Sunscreen	
Football	
Markers	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 09/04/25	Importance of physical activity, different types of physical activity and looking after your health	Water bottle, Afternoon Tea	NIL
WEEK 2 DATE: 16/04/25	Meal Prep	Water bottle, Afternoon Tea	NIL
WEEK 3 DATE: 23/04/25	Mental Health and Wellness	Water bottle, Afternoon Tea	NIL
WEEK 4 DATE: 30/04/25	Self care and recovery	Water bottle, Afternoon Tea	NIL
WEEK 5 DATE: 07/05/25	Mind – Body connection and Holistic Health	Water bottle, Afternoon Tea	NIL
WEEK 6 DATE: 14/05/25	Netball	Hat, Water bottle, Sunscreen, Closed in shoes, Towel	NIL
WEEK 7 DATE: 21/05/25	Footy	Hat, Water bottle, Sunscreen, Closed in shoes, Towel	NIL
WEEK 8 DATE: 28/05/25	Netball	Hat, Water bottle, Sunscreen, Closed in shoes, Towel	NIL
WEEK 9 DATE: 04/06/25	Footy	Hat, Water bottle, Sunscreen, Towel, Closed in shoes	NIL
WEEK 10 DATE: 11/06/25	Netball	Hat, Water bottle, Sunscreen, Towel, Closed in shoes	NIL
WEEK 11 DATE: 18/06/25	Footy	Hat, Water bottle, Sunscreen, Towel, Closed in shoes	NIL
WEEK 12 DATE: 25/06/25	Netball	Hat, Water bottle, Sunscreen, Towel, Closed in shoes	NIL