

Join the fun with
healthy
HOBART.



City of **HOBART**

Healthy Hobart – the beginning

- Hobart Recreation Management Plan
- Capital City Strategic Plan 2015-2025
- Other Plans and Programs

GOAL 4 – STRONG, SAFE AND HEALTHY COMMUNITIES

Our communities are resilient, safe and enjoy healthy lifestyles

STRATEGIC OBJECTIVE 4.3

Build community resilience, public health and safety

STRATEGIC OBJECTIVES

4.1 Community connectedness and participation realises the cultural and social potential of the community

4.3.5 Protect and improve public and environmental health outcomes

		regional/local tourism bodies.	
6.3	Encourage sporting clubs and recreation groups to instigate at least one "Try or Learn" program each year, to encourage greater interest in opportunities for the community.	There are many barriers to increasing participation in sport and recreation and these programs help to promote and market the diversity of sports and recreational activities available within the City. There are also the potential spin-offs for increased membership of sport and recreation resulting from the programs.	Moderate Ongoing



Preparation for Season 1

- Engagement of Project Partner
- Devising Program
- Graphic Art/Promotion
- Launch – George Bailey



Season 1 – February 2017 – April 2017

- 21 free sessions in total
- Regular 'Mobility and Stability Sessions'
- 9 x 'Have a Crack' sessions
- 4 x Healthy Kids Sessions
- Program Review



Season two – October 2017 – March 2018

- Broken up into two different seasons – Spring October 2017- December 2017 and Summer/Autumn – February to March
- 34 Free Sessions – 28 Different activities
- Family Day Expo\Launch – incl AFL, Cricket, Surf Lifesaving, Soccer, Petanque and Badminton
- Regular Yoga sessions on a Tuesday evening.
- 13 x 'Have a Go' sessions
- 6 x Healthy Kids Sessions
- Program Review



Healthy Hobart Goes Dark – June – August 2018

- Grant funding provided through State Governments – Healthy Tasmanian Community Innovation Grants program
- 15 June – 7 August 2018
- Exercise with a 'Dark' side !



Current Program

- 2018/19 Spring Summer Program has just commenced
- 29 FREE sessions in Hobarts Parks and Reserves
- Yoga returns for weekly sessions
- Weekly Healthy Kids Sessions
- 5 x Sunday 'Come and Try' Sessions

