

For Immediate Release 27 May, 2019



Trying to find your 30? Breaking down the barriers to physical activity with 'Meet & Move'

'Meet & Move' is a Canberra based program for mums and kids that breaks down the barriers to becoming more active and social, tackling our increasingly sedentary lifestyles head on.

With three out of five (60%) of Australian women not meeting physical activity guidelines, the Find Your 30 Campaign challenges all Australians to reverse statistics and embrace more movement (Department of Health). The 'Meet & Move' program puts this challenge into action.

Supported by the Bluearth Foundation, *Meet & Move* sessions combine the social and play elements of a playgroup with movement for mums and kids.

Sessions are flexible and take place outdoors and include pram-friendly, baby-wearing friendly walks, yoga-style stretching and toning activities (on selected sessions). As well as this, the program is a chance for kids to engage in active play. The sessions involve fun, simple games to engage parents and their children in activities which develop skills such as running, kicking, balancing and throwing, and exploration of the outdoor environment. The main focus of the sessions is to make movement fun and to help parents to be more active throughout the day with their children.

The program welcomes all mums with children aged birth to 5 years, and all fitness levels. All sessions are held outdoors, but each session is different. The sessions support families to engage in physical activity in a space that is welcoming and supportive.

Participants of *Meet & Move* comment that they feel better after each session and that their children have good naps after a morning of being outdoors and active.

Meet & Move is a program of the Bluearth Foundation, working in partnership with Mums Exercise Group Australia (MEGA) Canberra and supported by ACT Government under the ACT Health Promotion Grants Program.

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