

**THIS GIRL CAN AT THE YARRA CENTRE 2019 – Program Summary**

This Girl Can was a six week pilot program. The pilot was delivered in partnership with Eastern Health - Health Promotion and the Yarra Centre. The program aimed to provide a safe and non-judgmental environment for women to increase their participation in physical activity.

* 16 local females aged 16 to 81 participated in the 6 week program
* At the beginning of the 6 weeks the most common barriers for participants were cost, time constraints and feeling too tired to excercise.
* 10 participants completed both the pre and post survey.
* On average, participants attended 75% of the sessions offered.
* 80% reported an increase in their motivation to exercise since starting the program.

The sessions included:

* Walking
* Boxing
* Dancing
* Gym for beginners
* Netball
* A Fun fitness Circuit

Participant feedback

* "It’s great to have a group of fun, friendly people to work out with".
* "This was a wonderful experience available to us ladies who need a lot of encouragement".
* Great program, low cost, childcare included, really good for mums”.







