

# Media release



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## Innovative community projects share in \$100,000 to get Australians active

Ten local organisations from across Australia have been selected to develop new and innovative ways to encourage their communities to be heart healthy through physical activity.

The community-led ideas include a BMX track, a ninja course for kids, accessible dance classes, a mobile gym, and health classes for First Nations youth.

More than half of Australia's adult population and almost all Australian children are not meeting the recommended guidelines for daily physical activity, placing those Australians at an increased risk of cardiovascular disease including heart attack and stroke.

To encourage more movement and help improve the heart health of these Australians, the Heart Foundation with support from the Department of Health and Aged Care runs the annual Active Australia Innovation Challenge in which schools, universities and community organisations are encouraged to submit innovative new ideas to get more people moving more often.

This year was the fifth challenge run by the Heart Foundation, with more than 300 applications received from across Australia. This year's winners are:

Project Name	Organisation	State	Project Summary
Community BMX Track	Springfield Gardens Primary School	TAS	With the goal of getting children back outside and on their bikes, this project will involve the development of a BMX bike track on school grounds for students to use during the day and for the community to use out of school hours. Bikes will be made available for children without access to borrow.
Everyone Can Dance	(it's no) drama LTD	VIC	Everyone Can Dance is an accessible community project designed and facilitated by disabled and non-disabled regional artists. The project will involve six months of community dance workshops in South Gippsland culminating in a live community performance. Everyone Can Dance is open to anyone in the community, especially people with disabilities, and vulnerable and marginalised people of all ages.
Groove with Food	Jika Jika Community Centre	VIC	Drawing upon older people who access their food relief program, the Jika Jika Community Centre will engage adults while waiting for their food relief packages in creative, fun, and culturally responsive physical activity challenges at the centre.

Fitter for Life & LOVE	Pride in Sport (ACON Health)	NSW	A virtual exercise program created for LGBTQ+ over 55s, in partnership with Gymnastics NSW, will feature three 20-minute episodes with a range of basic movement exercises, brain training and fall prevention activities. Each session will be co-presented by a fully qualified Fitter for Life leader alongside a LOVE Project community icon.
Mini Minors	Queensland Police Citizens Youth Welfare Association (PCYC)	QLD	A mobile gym and fitness program based in the Queensland region of Mount Isa, will provide fitness education and coaching in a fun environment for families with children between the ages of 2 and 5 years old. This program aims to reduce barriers to access for local and regional Indigenous families in the lower gulf in North West Queensland.
Ninja Fit Time	Augusta Primary School Parents & Citizens Association	WA	With limited community facilities nearby, Ninja Fit Time will create a Ninja Course near the school for students and families to use. Guided group courses will be run twice a week and there will be a family carnival day to showcase the children's achievements.
Active Discovery	Lake Cargelligo Central School	NSW	With limited sporting and recreational activities accessible to the community, the Active Discovery Project is about motivating students and the wider community of Lake Cargelligo, a small-town of 1500 people with 36% First Nations population, to get active and discover the beauty of country. The project will use Navigation Sports and skills to engage students across all year levels in physical activities that transfer across many areas of school life.
Be Active – Find Your WHY	City of Salisbury	SA	Using fillable postcards, the City of Salisbury's program for older adults looks at increasing motivation and participation in current physical activity programs offered within the community. The postcards will highlight their reasons for being physically active and bring a plan to life. Community members with greater needs will have the opportunity to work one on one with an exercise physiologist to create their plan.
Rhythm Beats	Yarnie Therapies	NSW	Rhythm Beats, a program based in Dubbo, NSW, is a gathering of creative souls for people living with dementia as well as their informal carer and families that come together to engage in the collaboration of music making, primarily with the use of gym ball drumming to aide in maintaining positive physical and cognitive health.

Brain Health, Healing and Fitness Program	Yiliyapinya Indigenous Corporation	QLD	The Brain Health, Healing and Fitness Program is an initiative to support vulnerable youths and their families, through the facilitation of physical activity sessions aimed at enhancing wellbeing and connection. This program will be neuroscience informed for Indigenous 10- to 17-year-olds on bail reporting conditions who cannot have their needs met by mainstream or alternative education facilities.
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Each winner receives \$10,000 to make their project a reality.

National Manager Health, Research and Innovation, Erin Bowen, said the Active Australia Innovation Challenge was growing in popularity each year.

“We could not be more pleased with the number and quality of entries this year,” Ms Bowen said.

“Through the challenge, the Heart Foundation, Department of Health and Aged Care, and the community organisations will encourage Aussies to get more active and live a healthier lifestyle.

“A big congratulations to all the grant recipients, with whom we will be working closely to bring their projects to life.”

*The Active Australia Innovation Challenge is funded by the Australian Government Department of Health and Aged Care.*

## ENDS

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## About the Heart Foundation

*The Heart Foundation is a not-for-profit organisation dedicated to fighting the single biggest killer of Australians – heart disease. For 60-plus years, it has led the battle to save lives and improve the heart health of all Australians. Its sights are set on a world where people don't suffer or die prematurely because of heart disease.*

*Find out your risk of heart attack or stroke by using our [Heart Age Calculator](#). To find out about the Heart Foundation's research program or to make a donation, visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au)*