

HEALTHY SPORTS CLUBS

A FRAMEWORK FOR SPORTS CLUBS TO CREATE HEALTHY CHANGE

Healthy Sports Clubs is a **free** initiative that supports sports clubs and local associations to become vibrant, safe, and welcoming spaces that bring people together. Your club or association can inspire mental, physical, and emotional health, and foster an environment where individuals and families can thrive. There are **four steps** to complete the initiative:

1 COMMIT TO HEALTHY CHANGE

- Connect with a Health Promotion Practitioner for a introductory meeting. Your assigned Practitioner will support you 1-on-1 throughout the entire initiative.
- Register for Healthy Sports Clubs - the program is completely free!

2 CREATE A GAME PLAN

- Select one of our nine Health Areas according to your priorities:



Inclusion | Mental Wellness | Injury Prevention | Healthy Food and Beverages | Preventing Drug Harm | Smoke and Vape Free Clubs | Physical Activity and Active Recreation | Responsible Alcohol Consumption | Sun Protection

- Meet with your Health Promotion Practitioner to talk about what you're already doing at your club/association, then work together to write a tailored Game Plan (action plan) to meet the targets for your chosen Health Area.

3 INITIATE HEALTHY CHANGE

- Work through the targets and actions in your Game Plan at your own pace.
- Receive tailored resources and support to help you meet your goals.
- Schedule periodic check-in meetings (face-to-face or online) with your Health Promotion Practitioner to update on progress and work through challenges.

4 CELEBRATE YOUR SUCCESS

- Share and celebrate your achievements with your club community.
- Receive formal recognition from Monash Health - a certificate, digital logo and large outdoor sign to promote that you are a healthy and inclusive club/association.
- Choose another Health Area and start from Step 1!
- Interested? Complete an **expression of interest form** or email us at **healthpromotion@monashhealth.org**

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