

'Go for your life' Information Centre

Forums and Resources January–June 2010

The 'Go for your life' Information Centre is delivered by Kinect Australia with funding from Sport and Recreation Victoria and disseminates research findings, resources, electronic bulletins (Active Media and Active Inform) and case studies to health professionals and provides key discussion forums.

To access resources, case studies, forum information packs, and to subscribe to electronic bulletins visit:
www.goforyourlife.vic.gov.au/InformationCentre

The calendar of forums and resource development is outlined below.

'Go for your life' Forums

- Promoting Men's Health and Physical Activity — February 16 2010, Melbourne
- National, State and Local Policies, Strategies and Resources focusing on Healthy Eating and Physical Activity — June 16 2010, Melbourne
- Topic TBD — May 2010, Bendigo

Forum information packs are available for past forums, which include summaries of the presentations and further resources on the topic.

Active Inform

Active Inform is a bimonthly electronic bulletin featuring the latest research, programs and resources focusing on a particular topic, developed with a lead organisation in the field.

- **February:** Behaviour change through health coaching
- **April:** Children's Independent Mobility
- **June:** Case studies focusing on CALD, disability and physical activity and Indigenous health

Active Media

Active Media is a monthly electronic newsletter that contains latest news, research and events on physical activity.

Case Studies

Sustainable Physical Activity in Neighbourhood

Renewal highlighting the benefits of a whole of community approach.

Walking groups and programs highlights engaging, promoting and sustaining participation.

Workplace and Physical Activity focus on promoting a healthy work place for employees through implementing policies, healthy canteens and programs focusing on physical activity.

Mental Health and Physical Activity case studies focus on mental health rehabilitation programs and physical activity.

Culturally and Linguistically Diverse (CALD) Communities and Physical Activity

Disability and Physical Activity focuses on University students working with people with a disability to participate in a range of activities including a water exercise program.

Indigenous Health case study healthy eating, meal plans and budget planning through a community kitchen.

To register to receive resources and updates please email your name to sjblunt@kinectaustralia.org.au or call the 'Go for your life' Infoline on 1300 73 98 99 www.kinectaustralia.org.au