



Transform your health and fitness from the comfort of your own home

Join **OUTBACK ACTIVE**, a 12-week TeleFit program to stay strong, healthy and mobile!

This exciting program is free of charge, and open to people 65+ years, and Aboriginal or Torres Strait Islanders 50+ years living in the Katherine region. To express an interest, scan the QR code at the back of the flyer or call (08) 8946 7176, and a friendly team member will be in contact.

This program will:

- > Guide you through an online exercise program tailored for you**
- > Refer you to relevant health services at the end of the program as required

Outback Active is supported by funding from NTPHN through the Australian Government's PHN Program.

**All sessions are delivered online in a 'telehealth' format. Participants join the sessions using a desktop computer, laptop or tablet and enjoy the live, interactive sessions over the internet.

OUTBACK ACTIVE What to expect:



Express interest in joining the program.



A team member will assess your eligibility.



Eligible participants will receive a **FREE** exercise equipment bundle for the program.



Accredited Exercise Physiologists and supervised Exercise and Sport Science students from Charles Darwin University offer 1:1 and small group sessions online for 12 weeks, focusing on your strength, fitness and well-being.



After completing the 12-week program, we encourage you to continue your exercise plan for fitness. We can check in after 6 months to assess your well-being and support needs.

Express an
interest



Are you interested?

Scan the QR Code or get in contact via
(08) 8946 7176 / wellnesscentre@cdu.edu.au

(CDU will be closed from 15 December 2023 – 3 January 2024.)

Program
web page



CRICOS Provider No. 00300K | TEQSA Provider ID PRV12069 | RTO Provider No. 0373 | Produced November 2023 | UniPrint 77988