

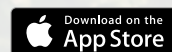
INFORMATION FOR PARENTS

PREMIER'S ACTIVE APRIL 2020



NEW IN 2020 – SYNC YOUR FITBIT TO THE ACTIVE APRIL APP

The all-new Fitbit integration makes it even easier to track your activity throughout April. **Register now** to win great prizes that will help you move more!



ACTIVE CHILDREN. ACTIVE FAMILIES.

Premier's Active April encourages Victorian families to get healthy and active by participating in 30 minutes of physical activity a day for the month of April and beyond. Jump on board and support our school.

Register and help our school win:

- ▶ One of 18 special Victorian Institute of Sport visits with a high profile athlete
- ▶ **\$1,200 Rebel Sport vouchers** for most active schools

You will also receive:

- ▶ 10 free visit passes at your local participating **YMCA**
- ▶ 20% off **Fitbit** watches and trackers
- ▶ 15% off **Run Melbourne 2020** entry
- ▶ One free **Cardio** tennis session at participating Tennis Victoria courts
- ▶ 50% off **28 by Sam Wood** Program
- ▶ 10% off **Around the Bay** entry
- ▶ 15% off **Sole Motive** active gear in store and online
- ▶ A three-month family membership with **Bicycle Network**

- ▶ 15% off **Runner's World** subscription
- ▶ 10% off entry to **Sole Motive 2020** events
- ▶ 25% discount at **SEA LIFE Melbourne Aquarium** and **LEGOLAND Discovery Centre Melbourne**
- ▶ One free hour of court hire at **Melbourne Park** or **Albert Reserve**
- ▶ Free entry for kids to **Otway Fly Treetop Adventures**
- ▶ Free entry to guided walks at participating **Parks Victoria** parks
- ▶ Weekly e-news tips and tricks on how you can move more
- ▶ Entry into the draw to win tickets to **2021 Australian Open Tennis** Finals
- ▶ Access to a range of benefits, prizes and resources for schools, workplaces and early learning centres

Register today – activeapril.vic.gov.au

Follow us on:

*Terms and conditions for all prizes and offers apply. Visit activeapril.vic.gov.au for details. Authorised by the Victorian Government, 1 Treasury Place, Melbourne.



HOW TO MOVE MORE THIS APRIL

Enjoy quality family time for free just by getting involved. Create a family team and see what different activities you can achieve together.

Physical activity during childhood can help with:

- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

What you can do as a parent:

- Check out the Get Active Workout videos on website and do them at home or in the park with the kids
- Turn off the TV and computer, and limit screen time
- Plan fun activities with your children – let them choose
- Find out what our school is doing to see what you can do at home
- Check out local offers and events in your area

Suggested activities you can do as a family:

- Walk to school
- Walk the dog
- Go for a family bike ride
- Explore where you live and walk a different route
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and make a downhill or hop-scotch court on your driveway
- Play a game of backyard cricket
- Play kick-to-kick with the footy or soccer ball
- Play wall tennis
- Play backyard volleyball with a balloon. Try to keep the balloon up!
- Throw a frisbee
- Jump rope
- Hula hoop
- Play hide and seek
- Head to the local playground
- Fly a kite
- Perform an activity during every ad break on TV
- Make your own treasure hunt
- Get a pedometer for everyone in the family and compare your steps
- Set goals and rewards
- Create your own motivational posters to put up around the house

Get your Active April Family Planner

Download and print your family planner with 30 fun family activities to kick start your Active April. Set a family challenge, track your progress and see how many activities you can do!

