



# Well done Wheatbelt on getting **ActiveSmart!**

In 2016, ActiveSmart was successfully delivered by the Department of Local Government, Sport and Cultural Industries across 11 local governments in the WA Wheatbelt.

ActiveSmart aimed to get Wheatbelt residents more physically active and connected to their community by providing motivation and encouragement to achieve their personal physical activity goals.

## A partnership approach

**\$900K** investment state government



11 local governments



local business



community

## What we aimed to achieve



Increase daily physical activity levels



Increase participation in local sport and recreation programs



Activate community places



Build a more connected community

## Who was involved?

**4001**

registered participants across the Wheatbelt

approx

**1 in 3** households

per local government registered

**11** local government areas

Beverley  
Dowerin  
Goomalling  
Koorda  
Merredin  
Moora

Narrogin  
Northam  
Toodyay  
Wyalkatchem  
York

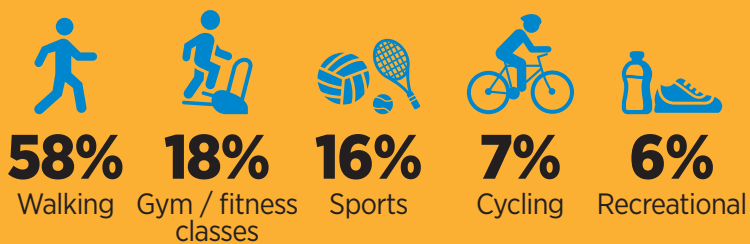
## How did it work?



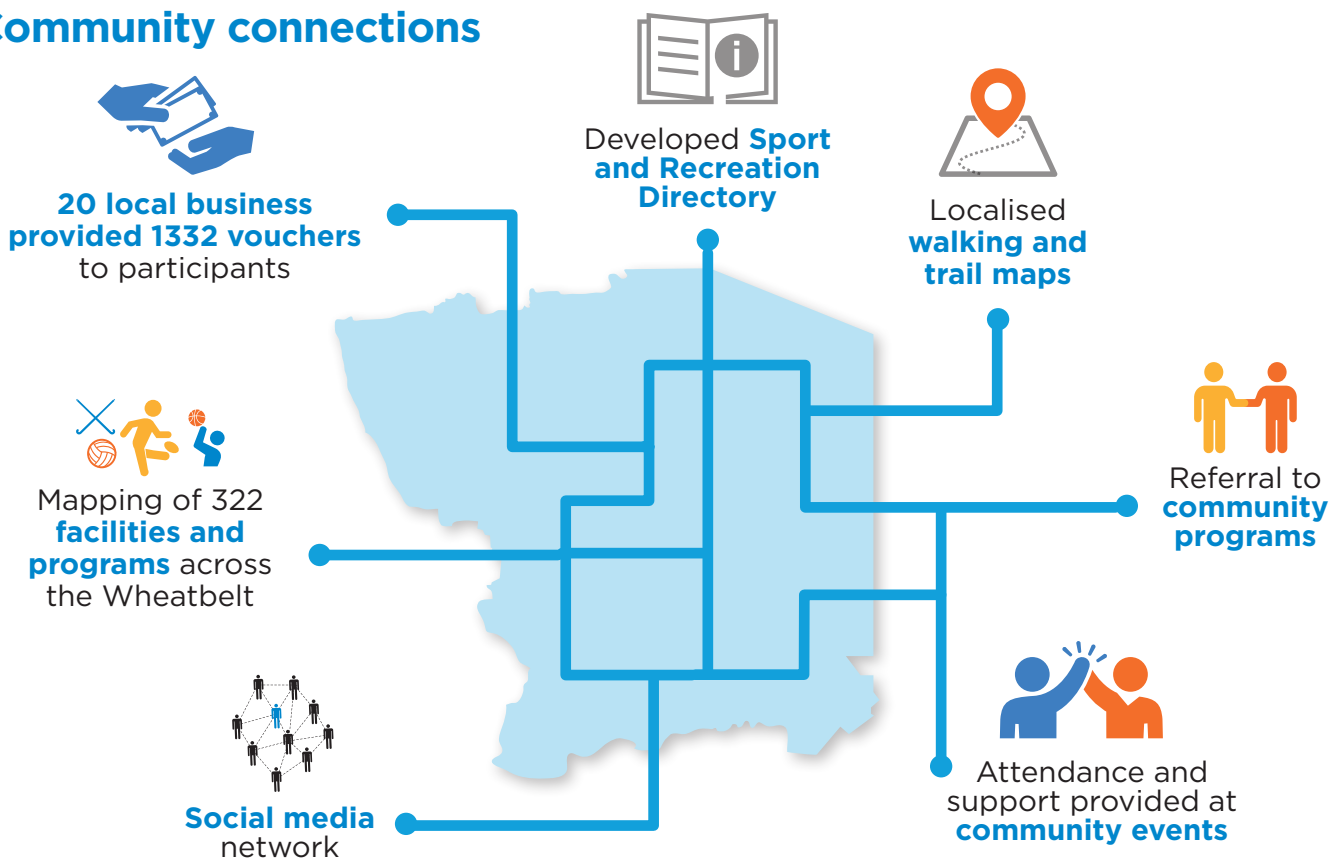
## What were the Wheatbelt's motivations?

- To be healthier
- To look better
- To engage in my community
- To have a balanced lifestyle
- To have more energy

## What did people set their goals around?



## Community connections



## Participants journeys

“

As the program progressed, I became more confident with encouraging other friends and neighbours to get active with me. I successfully started a walking group with my friends. I thought that the program was a great idea and really appreciated the personalised letters and calls.

My mum and I did ActiveSmart together, it was a great way to reconnect with our community. Together we reached our goal of walking three times a week, and even started going to yoga. I certainly started feeling healthier, and even lost some weight.

The program was great – it really motivated me to be more active. I used to rely on my car to get around my property, but after ActiveSmart I have made some small changes and will now walk when I can. These small changes have certainly made a difference to my health.

People in the community talk about being active a little more now. I've also started noticing active opportunities that I wouldn't normally, like I saw a canoe on a man's car the other day and thought maybe I should give that a go!

“After looking through the Sport and Rec Directory I realised how many things were going on around town, I am going to try and find something new to get involved in.”

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# What were THE RESULTS?





**16 min** increase  in daily physical activity.


**14 min** decrease  in daily sitting.


**43%** increase in number of sessions of physical activity per week.  
On average participants are now doing 6 sessions a week.

**14%** increase in participants exceeding physical activity guidelines\*.  
\*doing more than 150 minutes of physical activity per week.

**84%**  achieved or took steps towards their physical activity goal.

**76%**  achieved or took steps towards their new daily healthy habit.

**66%**  program had changed their lives for the better.

**90%**  would recommend ActiveSmart to others.

## Supported by



Government of **Western Australia**  
Department of Health

