



Active April at Njernda Aboriginal Corporation in 2019

The Premier's Active April Program has been a great way to encourage staff at health services in Campaspe to do 30 minutes of physical activity a day during April.

As a Campaspe Healthier Campaspe Initiative a friendly competition between the health services first commenced in 2017 and it has grown each year since and this year, in 2019 six health and community services have been involved with a total of 7,108 hours recorded. Njernda Aboriginal Cooperation participated for the first time in 2019, with 12 members in their team who completed an average of 34.5 hours of exercise each during April.

Kelli Bartlett, health promotion officer at the Njernda explained what Active April has meant to the staff and community at Njernda.

"We were really pleased to be invited to join the Healthier Campaspe competition for the first time this year, as our people have a really competitive spirit and it was a great opportunity to promote physical activity and bring about some behaviour change. We were keen to win the whole competition and although we didn't, we had some fantastic wins among our staff. We had some of our cleaners participate this year. These are people who have never been interested in physical activity but they really got into the program and did their half hour of activity almost every day. Njernda supported them with a gym membership for the month of April and once April was over they have paid for their own gym membership and one of their partners has also joined. They have kept their physical activity going well beyond April now and are feeling great and have lost some weight along the way".

Kelli puts the success of the program down to the individualised support Njernda staff and community received from her as the health promotion officer. This included monitored their activity, providing lots of encouragement via text messages and on social media and being a good role model herself. Kelli also kept an eye on how the other health services were tracking which gave her team some extra motivation and commitment. Kelli is keen for Njernda to participate again next year and she is very confident that the 2 cleaners who have kept up their physical activity at the gym and who have since joined in Njernda's regular fitness activities will be among the first to sign up!