

# Active Victoria

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Sport and Recreation Victoria



# WHAT'S THE PROBLEM



## WHAT'S THE PROBLEM?



**3.2 million**  
Victorians are  
not sufficiently active

**60% of adults** and  
**80% of children** in Victoria  
do not meet recommended levels  
of physical activity




## WHAT'S THE PROBLEM?

**EVERY 1%  
INCREASE**

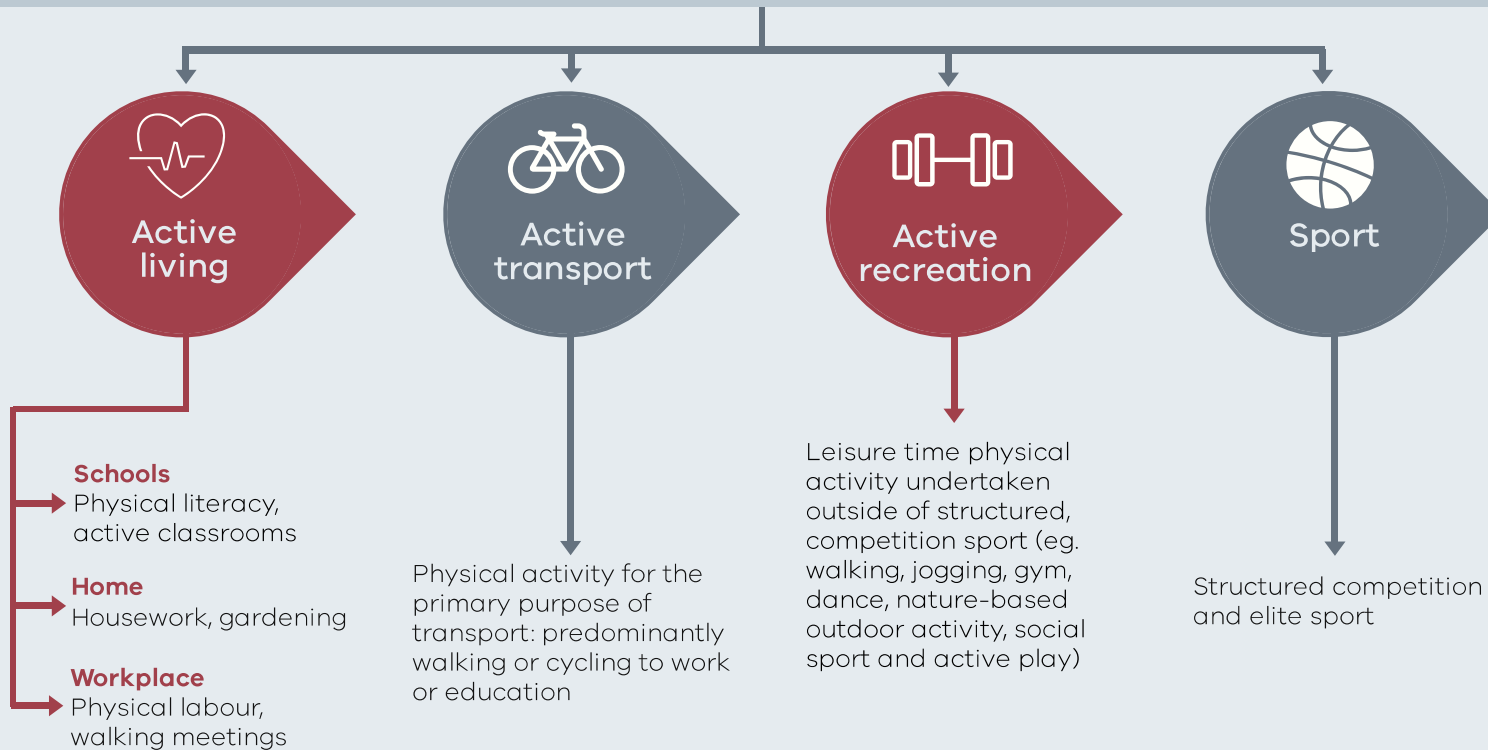


in the number  
of Victorians who are  
sufficiently active will  
result in

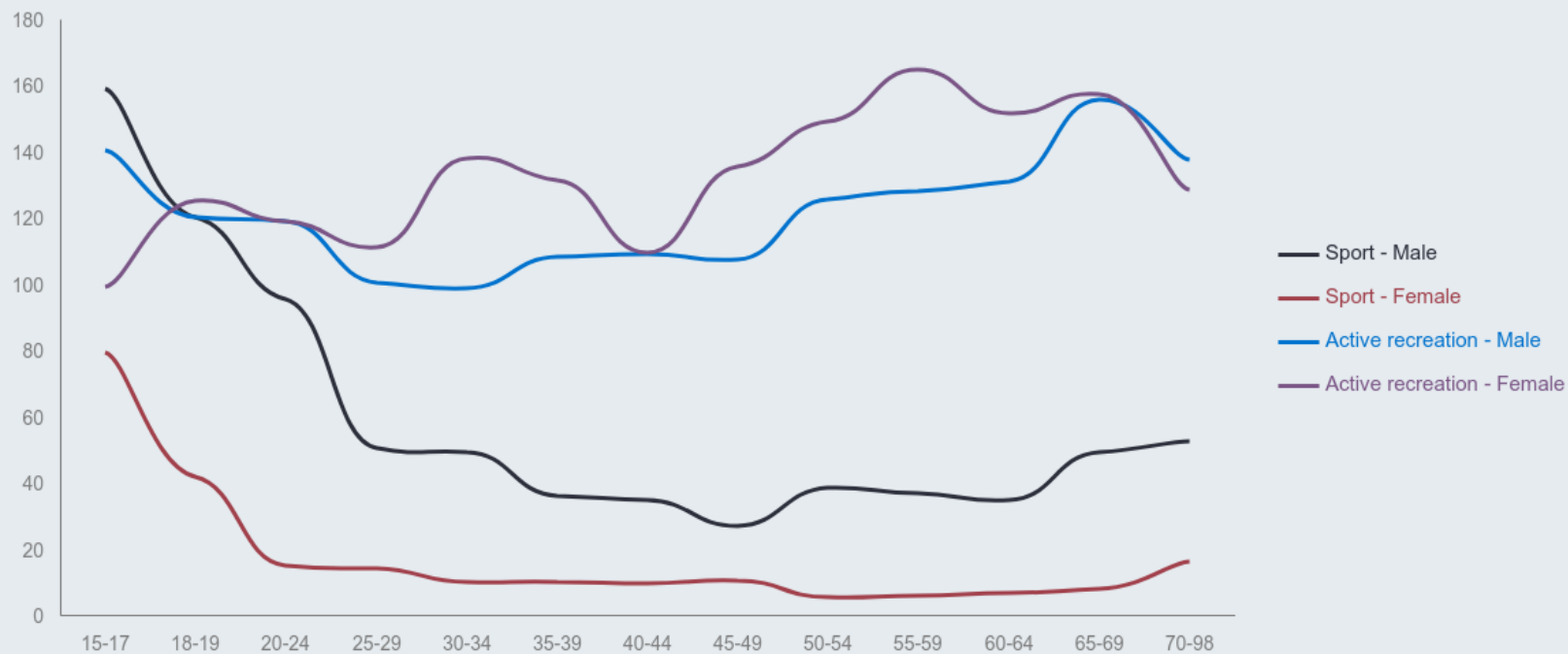
- 
- **\$33.5 million savings**
  - **1,300 new jobs**
  - **\$160 million** economic growth

# WHAT IS ACTIVE RECREATION?

## Physical activity



## HOW VICTORIANS PARTICIPATE



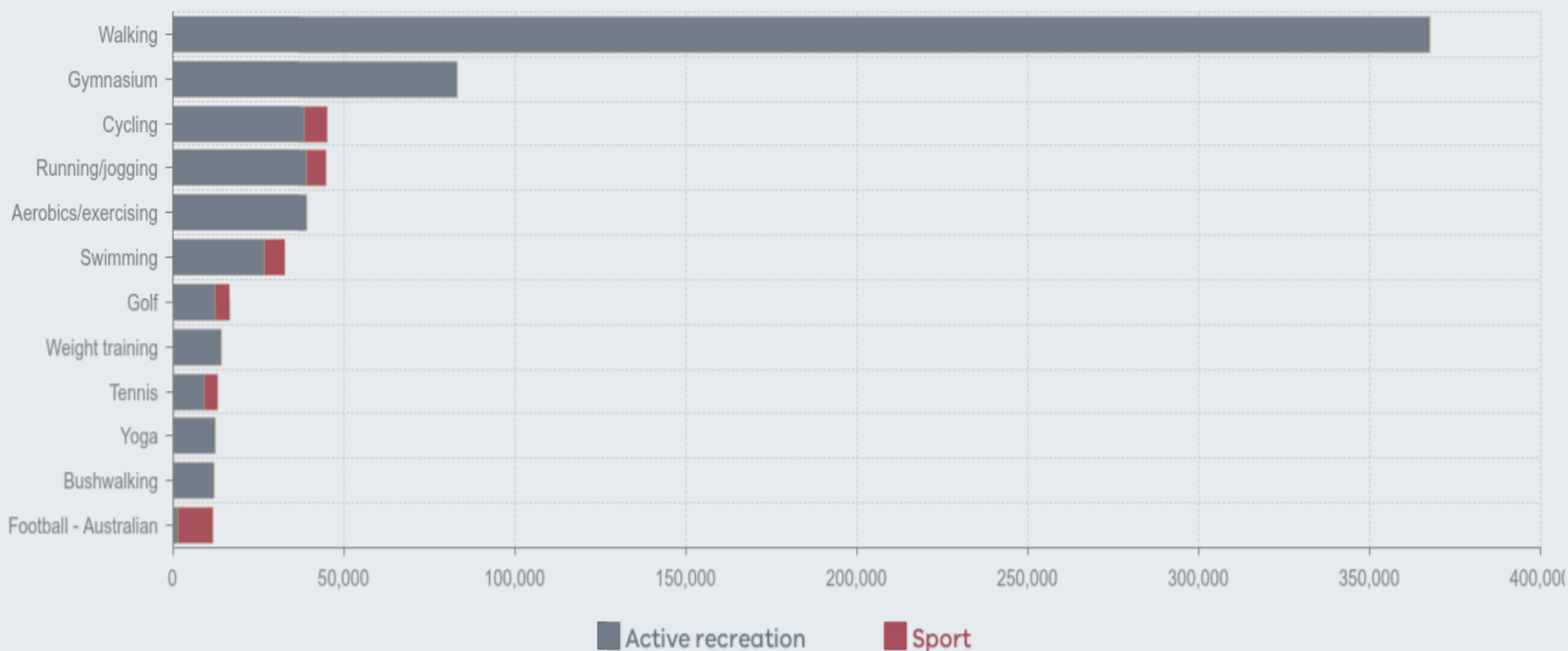


## WHY ACTIVE RECREATION?

**80%**

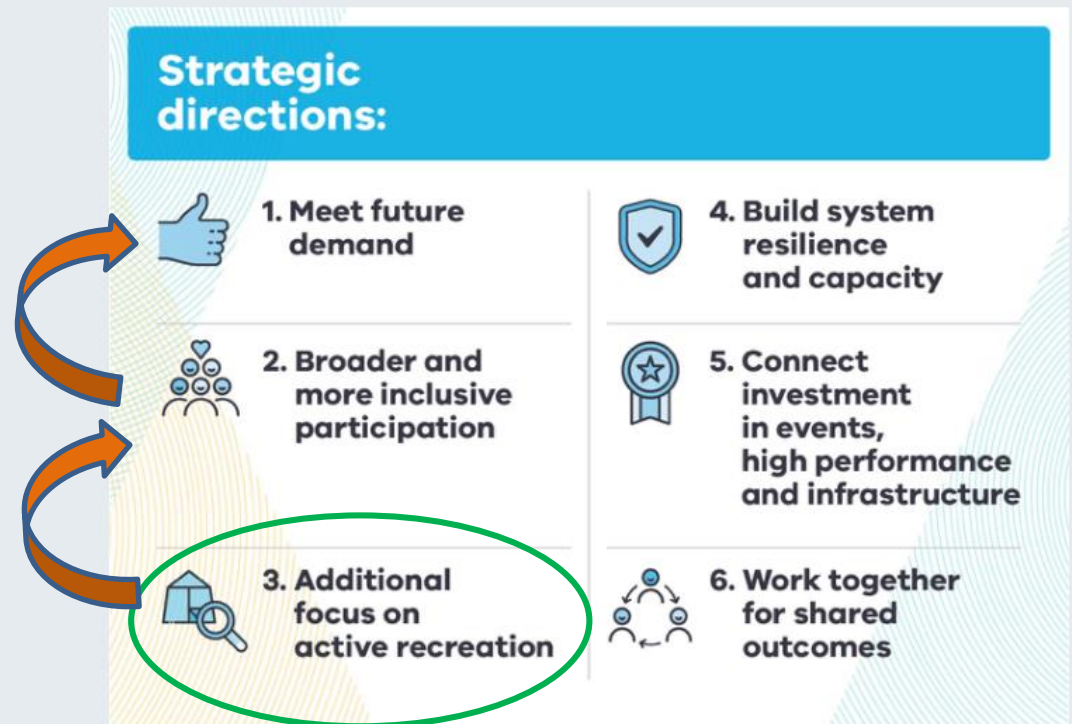
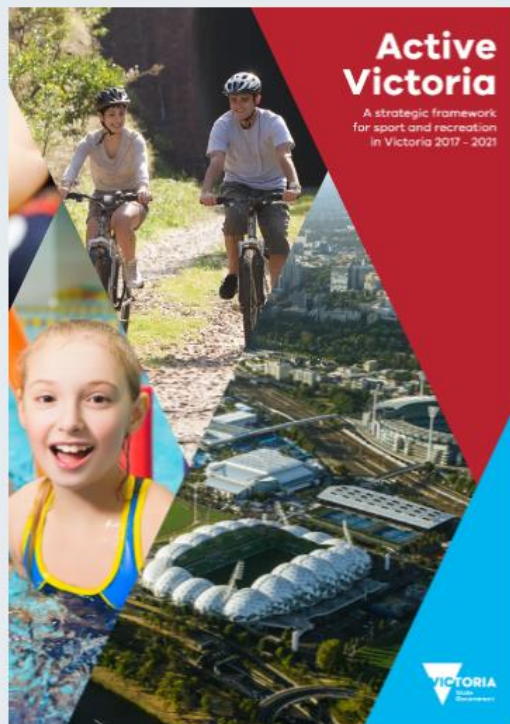
of time spent participating in  
exercise, sport and recreation  
is active recreation

## ACTIVITIES VICTORIANS CURRENTLY PARTICIPATE IN - PHYSICAL ACTIVITY SESSIONS PER YEAR ('000)



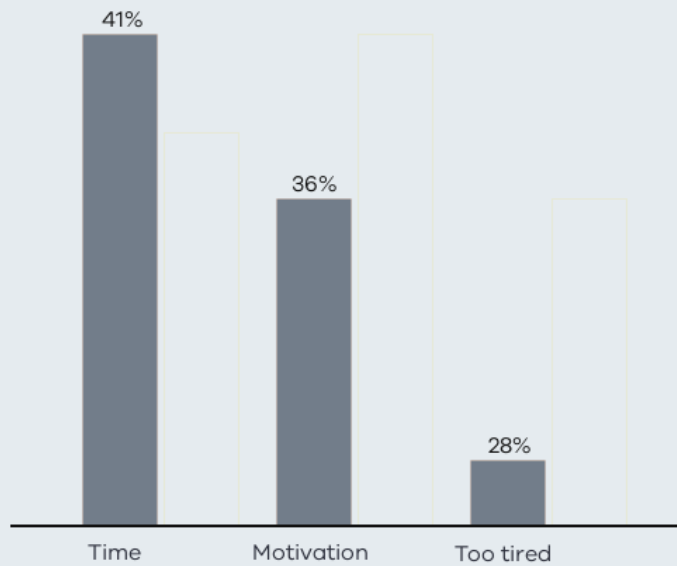


# ACTIVE VICTORIA - STRATEGIC FRAMEWORK

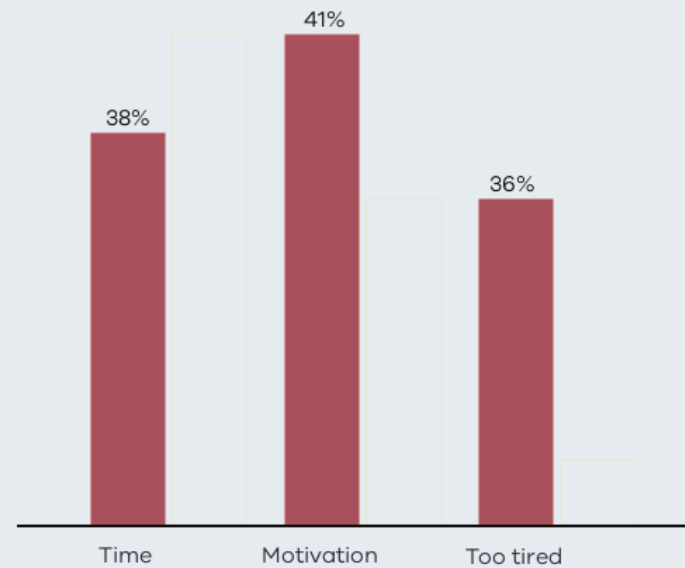


## BARRIERS TO BEING ACTIVE

**Males**

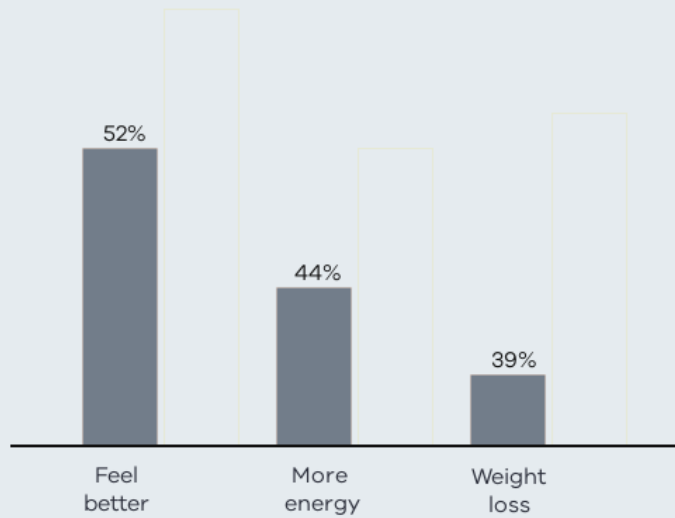


**Females**

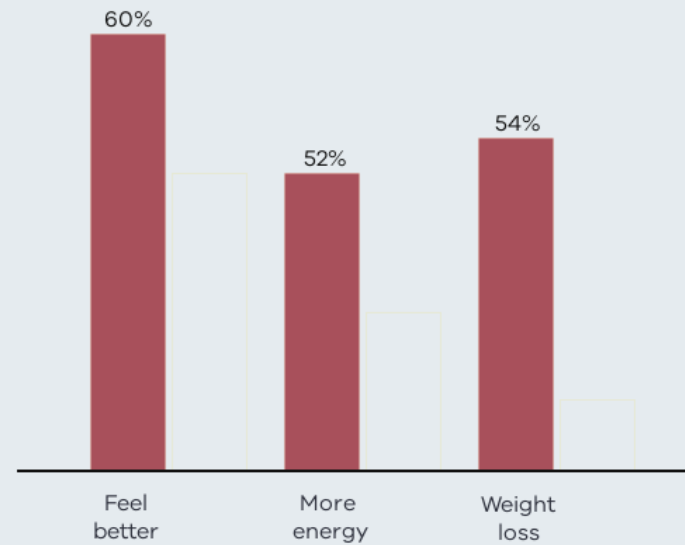


# MOTIVATIONS TO BE MORE ACTIVE

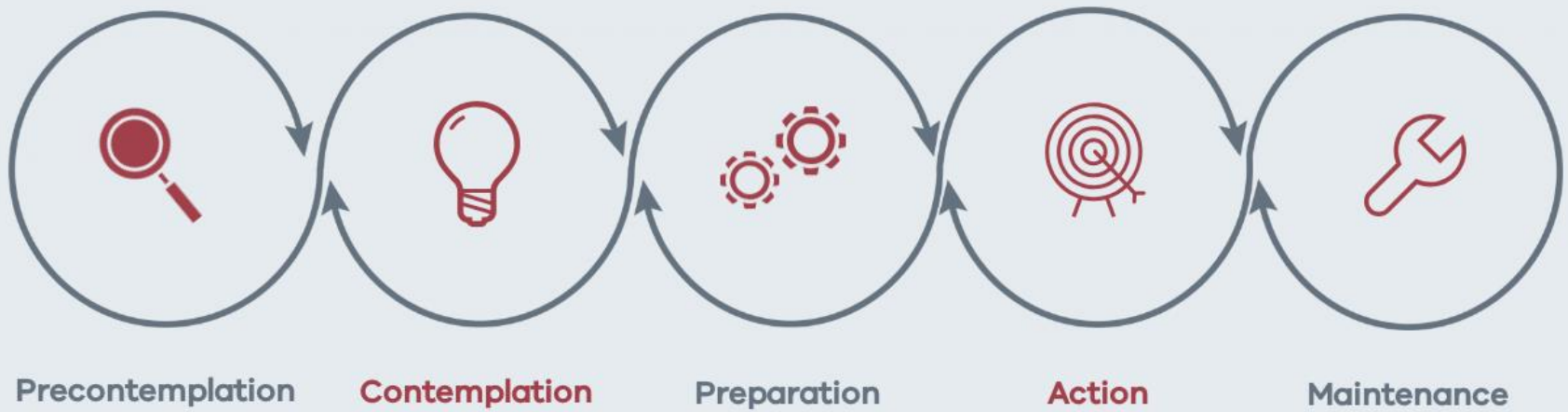
## Males



## Females




## BEHAVIOUR CHANGE MODEL





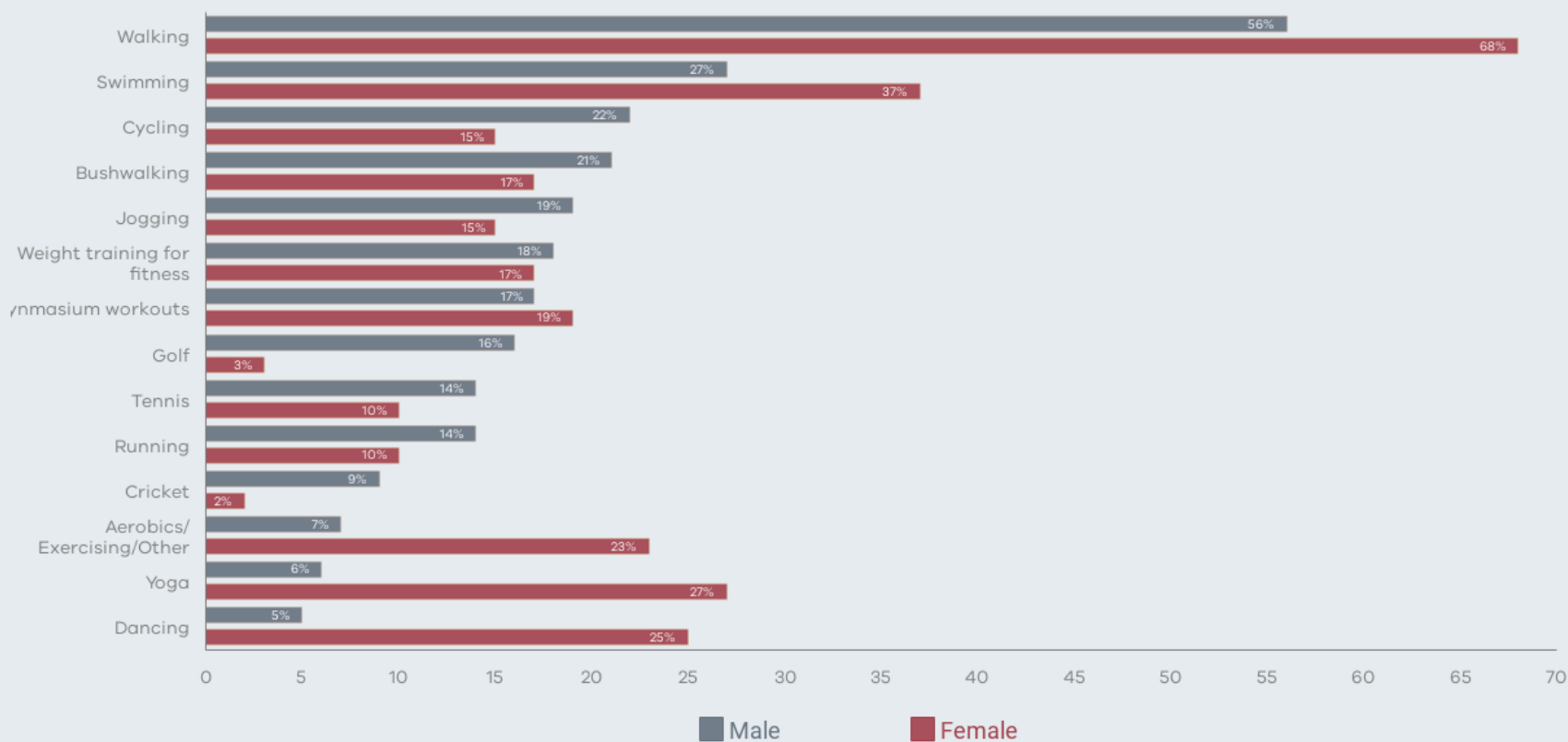
## THE OPPORTUNITY

**75%**



of insufficiently active Victorians  
have considered, are preparing  
or trying to increase their physical  
activity

## ACTIVITIES VICTORIANS WOULD PARTICIPATE IN





## OPPORTUNITIES



**3.2 million** Victorians are not sufficiently active



**75%** of them want to be

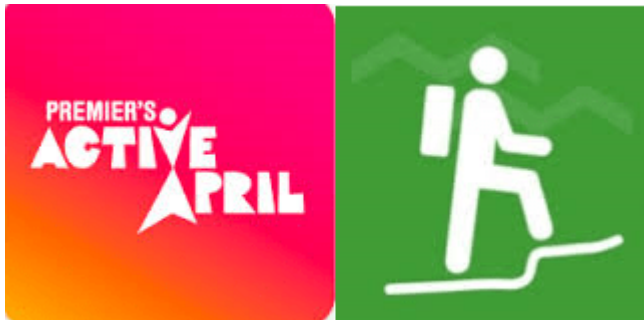


Active recreation already represents **80%** of participation



Places and spaces that enable active recreation are a **key** factor

## Partnership opportunities for Healthy Active Ageing



**CHANGE OUR GAME**

Working to level the playing field for women and girls in sport and active recreation.





## Active Seniors in the Outdoors

[www.outdoorsvictoria.org.au/active-seniors-in-the-outdoors/](http://www.outdoorsvictoria.org.au/active-seniors-in-the-outdoors/)

OV is working alongside Seniors Online, The Australian Camps Association and Sport & Recreation Victoria to provide easier access to Age-friendly activities in Victoria's Outdoors.

We are reaching out to all Outdoor clubs, organisations to encourage them to list their 'age friendly' activities on the Seniors online website as well as offer discounts to Seniors Card holders.



### Active Seniors in the outdoors

Click here to visit your portal to all the **nature-based recreational activities, clubs and information** you'll need to assist you into the outdoors.



### Australian Camps Association

The staff at **ACA** are ready to help you with all your **camps** related queries.



### Seniors Online

Seniors Card discount directory :

[Leisure & Recreation](#)

[Tourist attractions and activities](#)

[Travel Services](#)

[Camping](#)



### More helpful Information for Active Seniors

**Follow this link** for more supportive information and Organisation who can help connect you to health and wellbeing.



Apps for your Smartphone  
Other



Ballooning  
Air



Bushwalking/walking  
Earth



Canoeing & Kayaking  
Water



Cycling  
Earth



Diving  
Water



Fishing & Angling  
Water



Four Wheel Driving  
Earth



Gardening  
Earth



Golf  
Earth



Horse Riding  
Earth



Land Care/Environment  
Air, Earth, Water



Orienteering



Outdoor Gear



Sailing & Boating



Swimming

## SRV Camps

- SRV operates 5 residential camp sites across Victoria:
  - Howman's Gap (Falls Creek)
  - Mt Evelyn
  - Mt Eliza
  - Bacchus Marsh
  - Anglesea
- Leased to YMCA Victoria
- Host 'Get Active Expos'





# Thank you!

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