

North West Lifestyle Challenge

Our project aims to encourage and motivate the community to look at ways and means of making healthy choices, with regard to their own health and well being. Our vision is to involve as many individuals, professionals, groups and organizations as possible along the North West Coast.

The Challenge was launched on the 1st of March 2004 in the Central Coast as an initiative of the Ulverstone Community House. In October 2005 we were successful in obtaining a grant from the Department of Health & Human Services to duplicate the initiative along the North West Coast with the support of Devonport & Burnie Community Houses.

Each participant has the opportunity to set themselves one or more healthy lifestyle challenges that they will be supported with. In recognizing that healthy living requires balance, we encourage people to set goals under the following headings:

Get Active (*physical fitness*)

Get Eating Healthier (*making healthy eating choices*)

Get Alive (*health, well being, life skills and motivation*)

Get Involved (*taking a more active part in local community*)

We have involved businesses, groups, schools and individuals, so that this truly is a community project. We would like to encourage businesses to take on a workplace challenge to create an environment where healthy lifestyle options are encouraged and promoted. We want to challenge the North West Coast to look at changes in their lifestyle and make the coast a State and National Leader in making positive life choices.

North West Community Houses will facilitate a number of ongoing activities to motivate and encourage individuals in their endeavours such as talks on diet and nutrition. We provide weight support groups, exercise groups, a record of organisations and events targeting fitness. We organise guest speakers to talk on a variety of health and lifestyle topics; challenge companions or "body buddies"; and co-ordinate wider community involvement in creating a culture of healthy change.

We believe that we can significantly change many environmental factors along the North West Coast and facilitate a culture where healthy living is part of our daily lives.