help our school win $5000 of sports gear!
get active & have fun!
take the Challenge!

The Premier’s Active Families Challenge is back!
It’s fun, it’s free and a great way to be healthy and active
2 October - 13 November 2010

about the challenge
The Premier’s Active Families Challenge is a key part of the Government’s ‘Go for your life’ initiative and is focussed on improving the physical activity levels, health and wellbeing of families.

Families can complete the Challenge by doing at least 30 minutes of physical activity a day for 30 days between 2 October and 2 November 2010.
You can do any type of activity on your own or as a family. You don’t have to be active everyday – just 30 days within the six week Challenge period.

As a registered participant you’ll get 15 free YMCA passes, 15 per cent off at Rebel Sport, one free child zoo pass, healthy eating and physical activity ideas, a chance to win prizes and a completion certificate.

register to participate and our school can win!
By participating, not only will your family benefit, our school can too. Nominate our school when you register and we could win $5000 in sports equipment, and other great prizes.
See goforyourlife.vic.gov.au for more information.

how to get involved
Register online at goforyourlife.vic.gov.au
or phone 1300 73 98 99
* See terms and conditions at goforyourlife.vic.gov.au

premier's active families challenge

Victoria
The Place to Be