



Bush Fit Mob

ISSUE 2, FEBRUARY 2018

MONTHLY NEWSLETTER

HEALTHY BODIES, STRONG MINDS

BFM Month in Review

What an exciting month it has been for Bush Fit Mob! This month has seen us starting our In-school activities as well as some exciting events and after school programs. A huge hit this month has been the Senior Girls Basketball program that is run every Friday evening with EARC Youth Sport and Rec at ASEC Hall. Girls from Umbakumba and Angurugu get together for a fun evening of drills, skills and competition. Every week it gets bigger and better!

Another program that has started this month is the Senior Boys Wellness Program. A different activity is chosen every week and the boys are loving getting involved in boxing, working out, and learning about how to stay fit and healthy!



BFM News in Schools

Bush Fit staff have been busy this month visiting different community schools every day and helping to get the kids engaged, energised and excited for a day of learning!



February has been a great month for Romy's Yoga and Wellness Program. Kids from Angurugu, Umbakumba and Milyakburra participated in team building activities, mindfulness exercises and we had lots of fun during acro yoga! Strong bodies, strong hearts and strong minds is what we are working on during our well-being classes.



There will be lots of fun events, games and giveaways during the 6 week SMS Challenge. Stay tuned to when AJ and TJ are visiting your community!

Program Profile - Sports Mindset

Bush Fit Mob have engaged an organisation called Sports Mindset to deliver a 6 week "Sports Mindset Challenge" across Angurugu, Umbakumba and Milyakburra between March and June.

Aja, the founder of SMS is a professional basketball player in the WNBA/Europe league and is also a highly acclaimed sports performance trainer. Aja now dedicates a lot of her time to working with indigenous youth in remote communities across Australia. A main part of their program they will be delivering is the *SMS outREACH Program*. This is aimed at providing youth in community with fun games, drills and circuits to help build confidence and skills.

Aja and TJ will also be running a *Train the Trainer* program which will help to develop and build the capacity of local BFM staff and other staff from various organisations on Eylandt.

WHAT'S COMING UP?

MARCH 5-9
SPORTS MINDSET CHALLENGE @
UMBAKUMBA

MARCH 12-16
FOOTBALL FEDERATION NT @
ANGURUGU

MARCH 19-23
SPORTS MINDSET CHALLENGE @
MILYAKBURRA

MARCH 24-25
3ON3 BASKETBALL COMP @
YIRRKALA

MARCH 31
COLOUR FUN RUN @ UMBAKUMBA