



Bush Fit Mob



ISSUE 27, March 2020

NEWSLETTER

United, engaged and active!

BFM Month in Review



But by mid-March we had to make some big changes to our program delivery for the time-being. COVID-19 has changed the way Bush Fit Mob runs in community and for the rest of March and to the end of Term 1 BFM was not able to deliver sports programs in Community.

But that didn't mean we couldn't still connect and bring you all some exiting activities and programs to do while we all do our part to stay at home and practice social distancing. Keep reading for more details on how you can still be healthy and active at home with the help of Bush Fit Mob!

CDU Assessments for BFM



March has been an interesting month to say the least! It started off a week of growth and professional development with CDU for our TO Program Leaders and an exciting in-school sports program which saw some of the highest attendance numbers so far this year!

The first week of March was a continuation from our previous CDU training and on-Eylandt tutoring our Program Leaders have been working on all year. CDU visited our team to assess their Cert II and III Sport and Recreation training they have been working hard at and our Program Leaders excelled at demonstrating their knowledge in the coursework and took the assessor through a variety of exercises they lead with the students of Groote Eylandt. It was a very productive week for our team and we look forward to continuing to build on this important training.

BFM Uses Technology to Deliver Health and Fitness Activities to Communities

Due to the COVID-19 pandemic BFM has had to find creative solutions to maintain connection with community members and provide health and wellness opportunities that are different from the norm but just as effective!

This month we have launched a digital At-Home Fitness Program aimed at both children and adults to motivate them to stay fit and healthy while they maintain social distancing and protect their health. BFM uses YouTube and social media to record and upload daily child and youth/adult fitness activities and workouts that are aimed at promoting family fun and health.

There are a variety of activities for all skill and fitness levels so make sure to check out our Facebook and YouTube channel and follow along with BFM Program Manager Atnas and his little helpers for your daily fitness challenge and give it a go!



Help Keep Your Families and Others Healthy....

STOP THE SPREAD

Wash your hands thoroughly



Use soap and water



Rub soap all over your hands and wrist for at least 20 seconds



Rinse your hands under running water



Dry hands with paper towel or dryer

Cover your cough and sneeze



Cover your mouth and nose with a tissue



Dispose of your used tissue



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, NOT YOUR HANDS



Wash your hands with soap and dry thoroughly with a disposable paper towel or hand dryer

GOING FISHING

AMIDST COVID-19



ONLY FISH ALONE, WITH FAMILY, OR WITH YOUR HOUSEMATES



MAINTAIN SOCIAL DISTANCING AND DO NOT GATHER TO GO FISHING



DO NOT CONGREGATE AT LAND-BASED FISHING LOCATIONS



DO NOT GO FISHING IF YOU ARE IN QUARANTINE OR IF YOU ARE UNWELL



Bush Fit Mob is an Anindilyakwa Land Council funded initiative.