strength training for indigenous people
our journey together

- Partnership with WACHS – their vision
- Acknowledgement of Wiradjuri people
Are you confused yet?
our inspiration
the catalyst

- Thanks Sally
- Hundreds of registrations, 8 PA opportunities
55% of state of NSW
Wellington’s LGA

- Proportion of population c/f NSW figures
- The life expectancy gap between indigenous and non-indigenous
- 85% of indigenous female adults with at least 1 Chronic disease
How to engage indigenous interest
great role model
gordon estate dubbo
road trips out west
Bourke – Walgett-Goodooga
get staff on board
resistance bands
The things we do with our bands!
Now, to our own backyard …

- Cultural sensitivity
- Partnership with AMS – Bila Muuji Fitness Leader
- Education
- Venue
- Privacy/discretion
- Paperwork – their story, NOT a medical history – still “flag”
- Literacy levels
- Ownership / flexibility with “koori time”, inclusivity
- Transport
- Music
ANECDOTES

- How long?
- Student
- Funeral
- The guys group

- n.b. no photos – early days/trust
thank you