

# Green Gym Fact Sheet



## WHAT IS GREEN GYM?

Imagine an outdoor program where you are not just working on your own health and wellbeing, you're coming together with others to transform green spaces and contribute to your community.

## WHO CAN JOIN?

Green Gym is for anyone and everyone; however, some Green Gyms have a specific focus (such as youth or active ageing). Talk to our friendly staff to find out if Green Gym is right for you. No prior experience is necessary, although there are some general requirements to check that the program is suitable for you. Once you register, come along to a session each week to gain the most benefits.

## WHAT'S IN IT FOR ME?

Being outdoors, doing something meaningful for your community, helping the environment, having fun while meeting new people, learning new skills, building your confidence, improving your fitness and improving your mental wellbeing, are just some of the reasons people join and keep coming back to Green Gym.

*Peter, 59, thought Green Gym was a terrific social outing (10/10). He liked best the "interaction with other people, exercise, learning environmental facts, team building, socialising, warm up and stretching exercises, setting and achieving goals."*

## HELP DELIVER REAL BENEFITS FOR THE ENVIRONMENT AND YOUR COMMUNITY

CVA works with project partners to identify Green Gym green spaces (like community parks, gardens and reserves) which can be transformed or improved through your efforts.

Activities include restoring native vegetation, rejuvenating parks and gardens, creating wildlife habitats or community food gardening.

## WHAT WILL I NEED TO BRING?

You will need long trousers and a long sleeved shirt. Bring along a water bottle and a wide-brimmed hat. To be prepared for all conditions, dress in layers and bring along wet-weather gear, just in case. You'll need a pair of boots or closed in footwear.

## YOU WILL BE SUPPORTED IN A SAFE ENVIRONMENT

You will be guided by our skilled Team Leader each session. We'll supply gardening gloves, safety vest, glasses, and sunscreen. Sessions also include a healthy snack and refreshments.

Activities generally start from a central pick up point or right at the Green Gym location



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## WHAT WILL I BE DOING?

Project activities could include:

- > planting and growing native seedlings
- > growing food as part of a community garden
- > weed control
- > revegetating and restoring local parks
- > protecting and creating habitat
- > cleaning up waterways
- > restoring foreshores and beaches
- > maintaining walking tracks to protect local wildlife

## A TYPICAL SESSION

Green Gym is typically run over 3 hours in a morning or afternoon. Start by meeting your team on-site (or pickup point), where our Team Leader will explain the day's activities and any safety issues, then lead everyone through some warm up activities. Then you'll get into some practical activities before taking a well-earned break with refreshments. We'll then finish up our tasks and together cool-down. On some days you might end your session with a group walk.

## HOW DO I REGISTER?

If you would like to join a Green Gym session, look [online](#) for information on local Green Gym locations and call the local CVA office. Alternatively, you may email [greengym@cva.org.au](mailto:green gym@cva.org.au) or freecall 1800 032 501.

## WANT TO KNOW MORE?

[www.cva.org.au/green-gym](http://www.cva.org.au/green-gym)

1800 032 501

[greengym@cva.org.au](mailto:greengym@cva.org.au)

## BEYOND GREEN GYM

For some people, taking part in Green Gym becomes a pathway to better health and wellbeing, a new job, different study interests, new relationships or more regular volunteering. For other people, coming to Green Gym each week is just what they need to feel healthier and to make a difference in their community.

*Andrea, 65, recommends Green Gym to others - she decided to join to give something back to her community. She valued most "learning new things, plant identification, skills such as drilling, bee hotels, things I didn't expect, a new way of thinking about plants, insects, nature".*

## IF THERE IS NOT A GREEN GYM NEAR YOU...

We run many [conservation projects](#) across the country, involving a variety of activities, sites and habitats. Why not get involved in our full day or residential projects? You'll join with other like-minded volunteers under the guidance of experienced leaders, and enjoy similar benefits.

