MEDIA RELEASE

20 September 2018

Move It Aus Gives Seniors a Sporting Chance for Better Ageing

Increasing the health and wellbeing of senior Australians by keeping them active and involved is the aim of a new $22.9 million grants program now available to national sporting organisations and physical activity providers.

Sports Minister Bridget McKenzie and Senior Australians and Aged Care Minister Ken Wyatt AM today launched the Move It Aus Better Ageing program, to be managed by Sport Australia.

“Currently, only one-quarter of Australians over 65 meet the recommended guidelines of 30 minutes of physical activity a day,” said Minister McKenzie.

“There is a fantastic opportunity here for physical activity and sport to enrich the lives of older Australians, leading to happier, healthier communities.

“The benefits are clear, so we’re encouraging the sports sector and other providers to come up with solutions to help older Australians to be as active as possible.”

Minister Wyatt said, on current trends, the number of Australians aged 65-plus was expected to grow by more than a third by 2037.

“Being healthy, active and engaged is important for our bodies and our minds,” said Minister Wyatt.

“We are already seeing the success of innovative sports such as walking soccer.

“Our commitment to the Move It Aus Better Ageing program aims to help reduce cardiovascular and metabolic problems, control weight, combat chronic disease and help prevent falls.
“Being physically active also has significant mental health benefits, reducing the risk of social isolation by improving connections across our communities.”

National sporting organisations, local government and non-government organisations and not-for-profit aged care providers are eligible to apply for grants of up to $2 million.

“The Coalition Government is committed to ensuring physical activity and sport make a meaningful contribution to senior Australians’ health and happiness,” Minister McKenzie said.

The new grants program is part of our Government’s More Choices For A Longer Life package, announced in this year’s Federal Budget, to promote active ageing and support senior Australians to have more fulfilling lives and stay better engaged with their families, friends and communities.

The Budget included more than $230 million for sport and physical activity initiatives.

The Move It Aus Better Ageing grants program will provide $22.9 million over the next two years.

Applications are invited between 20 September and 31 October 2018 and can be submitted at sportaus.gov.au/betterageing

Media contacts:
Minister McKenzie – Alex Hall 0407 743 752
Minister Wyatt - Nick Way 0419 835 449

Authorised by B McKenzie, The National Party, Bendigo VIC