



fight4balance.org.au



"WE ALWAYS TALK ABOUT MYFIGHTCLUB"

FIT-4-myFIGHTCLUB

19 JUL 2020 – 04 OCT 2020

(11 WEEKS)

**ONLINE ADAPTIVE EXERCISE &
COMMUNITY-PARTICIPATION PROGRAM**

Developed & Tested by our Medical & Allied Health Clinicians

FOR

**ADOLESCENT YOUTH WITH
COGNITIVE & PERCEPTUAL DISABILITIES
AND THEIR FAMILIES**

- ◆ City & Country Queensland (incl. Rural & Remote)
- ◆ Videocasts
- ◆ Live-Streaming
- ◆ Secure Client Portal

*Proudly funded under a Healthy & Physical Activity
Grant Program grant from Brisbane City Council*



Register now @ www.fight4balance.org.au



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HOW THE PROGRAM WORKS

- ◆ Progressive exercise skills delivered online – no training equipment needed.
- ◆ Volunteer Training Buddies from mainstream high schools paired (remotely) with All-Stars (based on gender/age) to connect disabled & non-disabled communities.
- ◆ Volunteer Training Buddies participate in videocasts to role-model exercise skills and provide motivation under: *F4B Inclusive Youth-Leadership Program*.
- ◆ Unlimited access to weekly demonstration videocasts via secure client-login portal.
- ◆ All-Star & Training Buddy parents/carers/siblings encouraged to participate in weekly exercise sessions at home to support family health & wellbeing.
- ◆ see: www.fight4balance.org.au & www.facebook.com/Fight4Balance/ for more info

Weeks 1-5: Skill Familiarisation & Baseline Competency

- ◆ 2 x 20min exercise videocasts uploaded to secure client portal weekly

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|---------------------|---------|--------------------------|
| Green Block: | Level 1 | Baseline exercise drills |
| Blue Block: | Level 2 | Baseline exercise drills |
- ◆ Week 5: Movement & Skill Competency Assessment (Progression)

Weeks 6-11: Progressive Skill Development

- ◆ Progression to higher-level exercise skills (self-paced)
- ◆ 2 x 20min exercise videocasts uploaded to secure client portal weekly

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| Black Block: | Level 3 | Advanced exercise drills |
| Double-Black Block: | Level 4 | Advanced exercise drills |
- ◆ Week 10: Levels (1-4) Progressive Skill/s Competency Assessment
- ◆ Week 11: Buddy-to-Buddy / Family-to-Family skills challenges (optional)

Program Fee

- ◆ **All-Stars (affected youth):** \$77.00 per family (*introductory offer)
- ◆ **Volunteer Training Buddies:** no cost per family (*donation appreciated ☺)

Program Messaging

DIGNITY FRIENDSHIP INDEPENDENCE COMMUNITY RESILIENCE BUDDIES
 FAMILY PROSPERITY WELLBEING BELONGING INCLUSION
 UNDERSTANDING **BALANCE** HAPPINESS YOUTH LEADERSHIP