

WHO ARE WE? Healthy Active Lifestyles Onkaparinga (HALO) is our healthy active lifestyles program encouraging individual and community participation in sport and active recreation and promoting healthy active lifestyle choices. HALO achieves this through a combination of direct delivery, industry and internal partnerships, marketing and

Each year HALO enables over 20,000 activations (incidents of physical activity) in sport and active recreation



HALO PARTNERS with government and industry to participate and deliver preventative health programs, such as:

- WELLBEING SA** A new government agency to create a balanced health and wellbeing system that supports improved physical, mental and social wellbeing for all South Australians
- GET HEALTHY INFORMATION AND COACHING SERVICE** Free SA Health service providing the expertise and motivation from a health coach to help you reach your health goals.
- STATE SPORTING ORGANISATIONS** Supporting State Sporting Organisations to deliver programs with affiliated clubs

To subscribe to our HALO newsletter go to:

Website: www.onkaparingacity.com/halo

To contact a Recreation Services Officer

Phone: 8384 0666

Email: halo@onkaparinga.sa.gov.au



**HEALTHY ACTIVE
LIFESTYLES ONKAPARINGA
PROGRAM**



HALO PROGRAMS INCLUDE:

OUTFIT ONKAPARINGA Free group exercise sessions with a personal trainer at various locations. Learn to use outdoor fitness equipment safely and effectively. All sessions provide alternative exercises making them accessible to all fitness levels and suitable for adults of all ages

MAGICAL PARK A program designed to engage children in physical activity in the outdoors using technology based digital fantasy land of fairies, robots, dinosaurs and aliens



SMART PLAYGROUND

Using the BIBA app on a mobile device the playground can be transformed into fun obstacle courses, treasure hunts and team challenges, with children able to climb, jump and swing their way through an exciting make-believe adventure

COME AND TRY

Support sport and active recreation initiatives to provide free or low cost activities and encourage ongoing participation

PROGRAMS SUPPORTED BY HALO INCLUDE:

SPORTING LIBRARIES A free sporting equipment loan service to the community to increase levels of physical activity

ROGER RASHEED SPORTS FOUNDATION A free sports coaching and mentoring program for young people aged 6-18 years at Niipu-Niipu Wama/Morton Road Sports and Community Hub, Christie Downs providing after school and school holiday programs

HEART FOUNDATION WALKING Over 15 walking groups and 350 regular weekly walkers. HALO assists people to find local walking groups, provides training to walking group leaders and assists with establishing new walking groups

PARKRUN A free timed 5km run, jog or walk at Christies Beach, Aldinga Beach, Reynella East, Moana and Shiraz Trail (McLaren Vale) at 8am every Saturday morning—suitable for all ages and supported by volunteers

COMMUNITY GRANTS Funds programs for the purchase of small equipment to enable community organisations to deliver inclusive opportunities for people from targeted populations to participate in sport and active recreation

SPORT & ACTIVE RECREATION GRANTS Financial support for individuals and teams who have been selected at a representative level

