



# MEN **Doveton**

Healthy Body | Healthy Mind  
Keeping the Balance

a new initiative proudly brought to you by



**Mondays 6.00pm - 8.30pm  
11 February to 13 May 2019  
at Doveton College**



## What is 'Men of Doveton'

The Men of Doveton is a FREE health program for men aged 18 and over living, working or recreating in Melbourne's outer South East.

It consists of programs aimed to improve your mental and physical health through a series of workshops, presentations, events and experiences.

## Why men's health?

Statistically men in the outer South East are

- At increased risk of suicide
- At increased risk of becoming overweight or obese
- At increased risk of heart disease
- Not as physically active as they should be
- Not as involved in sports or sports clubs as they could be
- Not eating enough fruit or vegetables
- At risk of anxiety or depression

## Who is it for?

You - if you are over 18, live, work or play in Melbourne's outer South East.

The program's physical activity sessions are split into three groups of varying levels including 'Getting Active', 'Active' and 'Active Advanced.'

We aim to make exercise fun, achievable and enjoyable – just the way it should be.



# What happens in the 'Men of Doveton' program?

## So how does a session run?

Each week we start with a physical activity session for an hour with our "Come and try" different sports or activities including Australian Rules Football and soccer.

One week you will be hearing from cancer survivors, the next you will be making fresh healthy meals in an interactive cooking class.

The Men of Doveton program's physical activity sessions cater for all levels of knowledge and fitness. The sessions are broken down into three different groups:

**Getting Active:** This group will cater for those guys who may not be familiar with physical activity. Maybe you're just coming back from rehabilitation or an injury? Or maybe you just haven't been active in a while and want to dust off the runners. This group is perfect for those who just want to get moving again with the support of our qualified staff.

**Active:** This group is for the men who may have a base level of fitness already, or for those who may have played a bit of sport back in the day. We will look at making physical activity fun again with plenty of variety and enjoyable activities.

**Active Advanced:** This group caters for those guys who are in good condition and really want to challenge themselves. Here you will really build up a sweat and get a good workout. Are you up to the challenge? We all have good days and bad days, so please remember that at any time throughout the program you can move up or down within these groups. Your health is our priority.



## How do I join Men of Doveton?

Complete the registration form at the Information and Registration evening or drop it in to Alan at the Community Team at Doveton College, or you can email [tori.norris@ymca.org.au](mailto:tori.norris@ymca.org.au)

## Who is involved in the program?

A range of highly qualified, experienced and passionate people, from a broad range of services, make the program what it is today.

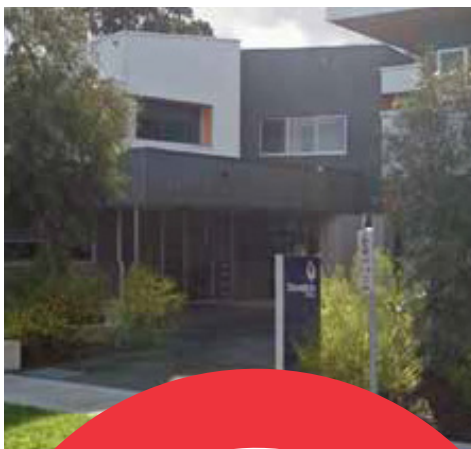
Please note: If you need an interpreter we can provide one - just talk to a member of the team.

## 2018 Men of Doveton program schedule

Mondays 6.00pm - 8.30pm

Dates: 11 February - 13 May 2019

Doveton College Gym and Theatre  
Laurel Avenue, Doveton



## What you get as a Men of Doveton member

**Week One:** Everyone gets a Men of Doveton Passport, a T-shirt and a YMCA water bottle.

If you come to at least 10 sessions you and your family will be invited to the Men of Doveton 2019 Graduation and receive your exclusive hoodie (hooded windcheater).

**Graduation:** This night is a celebration for the men who have successfully completed the program. Family and friends will be invited to help celebrate the commitment you have shown to improving your health.

But remember, you need to attend at least 10 different sessions to be part of this fantastic night! So make sure you get your passport stamped each night.

## Men of Doveton Champion Award

The Men of Doveton will be recognising outstanding individual achievements within the program.

The recognised participants will have made a significant contribution within his team or to the wider community, whilst demonstrating the Men of Doveton values, and always going above and beyond.

This individual will receive a signed Sherrin Football from the Melbourne Football Club and a 3 month YMCA membership!



# Men of Doveton - Enrolment Form

## Your Details

First Name

Last Name

Address

Date of Birth         Phone

Email

Your Country of Birth  Mother's Country of Birth  Father's Country of Birth

In the event of an emergency please contact:

Name  Phone

Do you have ambulance cover? ☐ Yes ☐ No ☐ Unsure

Medical conditions:

Dietary requirements: ☐ Halal ☐ Vegetarian ☐ Vegan ☐ Gluten Free

Other

Do you have a concession/health care card? ☐ Yes ☐ No ☐ Unsure

Do you need an interpreter? ☐ Yes ☐ No ☐ Sometimes

If yes, what language?  
(please ✓)

- ☐ Persian/Dari/Hazaragi
- ☐ Sinhalese
- ☐ Punjabi
- ☐ Mandarin
- ☐ Hindi
- ☐ Arabic
- ☐ Tamil
- ☐ Rohingya

Other



**Your Fitness Level** (please ✓)

At the moment, I exercise at a moderate level for at least 30 minutes:

- ☐ 1 day a week
- ☐ 2 days a week
- ☐ 3 days a week
- ☐ 4 days a week
- ☐ 5 days a week
- ☐ 6 days a week
- ☐ 7 days a week
- ☐ 0 days a week

The Men of Doveton Program offers three different levels of physical activity.

Please put a ✓ in the group that you feel will be best for your current level of fitness and health:

☐ **Getting Active**

If you:

- are recovering from an injury or have health concerns
- have not exercised in a while
- are not very confident in your current level of fitness but would like to improve

Getting Active is the group for you!

☐ **Active**

If you:

- have no injuries or health concerns
- exercise sometimes but want to exercise more regularly
- are moderately confident in your fitness level

Active is the group for you!

☐ **Active Advanced**

If you:

- have no injuries or health concerns
- exercise regularly
- feel strong and confident with your fitness level and like to be challenged

Active Advanced is the group for you!

Remember to participate at a level that suits your fitness. Always consult your doctor if you have any health/training concerns.

Other questions or comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Privacy Statement**

The YMCA acknowledges and respects the privacy of individuals. The information being collected on this document is for the purposes of providing you with an appropriate exercise plan specific for your needs. The intended recipients of this information are the YMCA, its authorized staff and contracted service providers. You have the right to access and alter personal information concerning yourself in accordance with the *Commonwealth Privacy Act (Amended 2001)* and the YMCA Privacy Policy. As part of your membership/enrolment with the YMCA, you may receive information from time to time regarding our programs and services. The YMCA may also provide promotional material from our strategic partners or any other third party. If you do not wish to receive this information please tick the 'OPT OUT' box. Your name will be removed from the mailing list within a reasonable period of time.

☐ OPT OUT



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