



2025 Impact Report

Building strong, happy and healthy young people through exercise.

www.thrivinginmotion.org





Welcome

We’re excited to share with you all the work we’ve done together this year to help improve the health and wellbeing of young people in Australia.

Acknowledgment of Country

We acknowledge the Traditional Custodians of the land on which we work and live. We recognise their continuing connection to Country and community.

Specifically, we pay respect to the Whadjuk Nyoongar people who are the traditional custodians of the land on which Thriving primarily operates. We pay our respects to all First Nations Elders, past and present.

Inclusivity Statement

We are proud to be an inclusive organisation and support all efforts to build a community, where individuals can live and work free from discrimination.

We value and include people of all cultures, languages, abilities, sexual orientations, gender identities and expressions.

Acknowledgement of Lived Experience

Thriving would like to acknowledge those with lived experience who have contributed to service development and engagement within our programs.

It is through the feedback and input we receive from these people that we are able to improve our services, and develop educational content to up-skill other staff.

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Message from the CEO

Associate Professor Bonnie Furzer PhD (she/her)



On behalf of Thriving in Motion, I am pleased to share our 2025 Impact Report, reflecting a year of growth, consolidation, and delivery. This was the first year of implementing our 2025-2030 Strategic Plan, with a clear focus on growth, sustainability, and high-quality, values-driven care. Across the organisation, we strengthened systems, embedded new ways of working, and translated strategy into action, ensuring our services and operations remain responsive to the children and young people we serve.

2025 also saw meaningful progress towards a dedicated Thriving facility – a space designed to support children and young people through movement, expertise, and connection. While this work continues, the year represented an important step towards turning a long-held vision into a tangible, community-centred asset.

We are proud of the impact achieved this year. Through the generation and translation of evidence, we contributed to improved outcomes for children, families, practitioners, and communities. This work was recognised through multiple awards, including the IPAA Achievement Award for Excellence in the Not-for-Profit Sector, the AUSactive Social Value and Community Impact Award for our Kids + Teens Program, the WA Mental Health Award for Diversity and Inclusion for Youth Moves, and the IPAA Achievement Award for Leader of the Year in the Not-for-Profit Sector. These accolades reflect the quality, consistency, and collective effort behind our work.

Alongside delivery, 2025 was a year of development. Several new programs, including Generations in Motion, Thriving Adults, and Mini Moves, were designed and are ready for roll out across WA in 2026, enabling us to expand our reach while staying true to our purpose and strategic goals.

I sincerely thank our staff, Board, young people, families, partners, and collaborators. Progress of this kind is only possible through shared commitment and a willingness to do the hard work well. While challenges in the health and not-for-profit sectors remain, 2025 has shown what is possible when strategy, purpose, and people are aligned.

As we move into 2026, we do so with momentum, clarity, and confidence, ready to grow our reach, deepen our impact, and stand alongside children, young people, families, and communities with evidence, action, and care that makes a real difference.

Bonnie

Our Vision, Mission and Values

Thriving in Motion is a not-for-profit building strong, happy & healthy young people through exercise, education, and research. Thriving creates and fosters accessible and inclusive exercise environments for young people to support and improve their health and wellbeing.

Vision

All young people, regardless of their medical, behavioural or social barriers, should have the opportunity to participate in a positive exercise experience that supports their health. By engaging and working with communities, including schools and health services, we envisage an Australia where no young person is excluded from participation.

Mission

The mission of Thriving is to use exercise expertise to improve the health of kids & young people. We celebrate uniqueness and diversity and offer an inclusive exercise environment for all young people.

In order to achieve this, we aim to:

- A** Improve physical and mental health through evidence-based exercise services for young people.
- B** Increase family, community and health professional knowledge of exercise and its role in health.
- C** Provide & support opportunities for all young people to experience a positive exercise environment.

Values

Inclusiveness – Expertise & Collaboration – Determination – Engagement



YOUTUBE CHANNEL

2025 Highlights



**54**
Collaborating Partners

9570
Service delivery hours (all services) to 700 young people



6
Funding Partners



296
People Educated

Across **20** Education Courses



17
Youth and Parent Advisory Group members



**AusACTIVE National Winner**

Social Value + Community Impact Award – Kids + Teens

IPAA Winner Excellence

in the Not-for-Profit Sector Award

What we do matters!

Our Young People

Many of our Thriving participants and their families have selected to withdraw from peer or school activities or have been asked to “withdraw” due to their individual challenges.

Thriving provides these young people with a chance to participate in a supportive environment, improving their self-confidence and equipping them with improved physical literacy which in turn supports their long-term health, and supports their participation in a school or community environment.

Community trends

Physical inactivity is a growing problem worldwide. As sedentary behaviours for both work and leisure increase, there is a vital need to encourage and empower individuals to live a life which is physically active. We know that regular exercise contributes to improved overall health and wellbeing, specifically physical health (heart, muscle, metabolic and hormone balance) and mental health (mood, wellbeing, symptoms of depression and anxiety).

Research tells us that engagement from a young age impacts future participation and that promoting positive behaviour change is essential. At Thriving, we aim to build the

Physical Literacy levels of our young people so that they (and their families) are supported to participate via improved motivation, confidence and competence for physical activity.

How we help

At Thriving, exercise experts including exercise scientists and exercise physiologists, provide young people the opportunity to have a positive exercise experience, in an environment where they are supported and able to conquer personal goals and celebrate achievements without fear of failure.

Our team are clinical health experts who provided targeted and evidence based care within a positive and engaging environment. This promotes lifelong physical activity participation enhancing health and well-being if all young people, no matter their journey, lived experience or background.



Our Pillars



Service

Thriving in Motion provides young people with positive exercise experiences through enjoyment and achievement, in order to develop sustainable healthy lifestyle behaviours.

We provide specialised exercise services to disadvantaged youth and young people with barriers to physical activity engagement, to develop the social, motor, emotional skills to engage in community-based physical activity in the long-term.



Education

A longer-term aim of Thriving is to support the development and availability of community-based services and extend specialised youth exercise and health knowledge in communities throughout WA and beyond.

Knowledge sharing, through a variety of education courses offered to families, allied health and community, creates opportunities for change to existing services to better support young people from diverse experiences.



Research

Real, lasting change comes from the contribution to the science of physical activity, exercise and behaviour research and the translation and dissemination of results to the community, allied health practitioners, young people and families.

Thriving's research is directly linked to our values and mission, focussed on the implementation and evaluation of best-practice exercise and health services through collaboration with research partners to develop and support evidence-based practice.

Exercise Services

Services are provided by experts in using exercise for health, including Accredited Exercise Physiologists &/or Exercise scientists, experience fitness instructors, and allied health professionals.

Thriving Kids + Teens

We provide all abilities and inclusive exercise programs that provide a positive exercise experience for all kids and young people.

Our kids and teens exercise services are open to all kids and young people from the age of 5 – 17, but we specialise in providing services for those who are unable or unwilling to participate in community or school activities or need a bit of additional support to engage in activity.

We aim to build physical literacy (e.g., fitness, strength, skills), motivation and confidence, and improve health but we make sure to do so in a supportive and fun way so that all young people have a positive exercise experience.

- **1-on-1 sessions:** tailored to the goals, developmental stage and preferences of the young person or family. Pre and post assessments are built into the sessions, along with end of term reports for families or referrers.
- **Strength + Conditioning sessions:** tailored specifically for young people to build their gym and movement literacy, muscle strength and confidence to be active.
- **Small Group Sessions:** small group sessions to build physical literacy and fitness, exercise enjoyment and social skills led.

Thriving Youth

Exercise and movement programs for young people (12 – 25 yrs) who experience challenges or barriers to being physically active.

Move It for Mental Health - The Move it for Mental Health program is run in partnership with education providers and is a mixed movement program for young people who are at risk of poor wellbeing and mental health. Services are delivered by exercise experts who create a safe, inclusive environment for young people of all abilities.

Youth Moves - Community based, inclusive physical activity program that is flexible and responsive to the needs of disengaged and vulnerable or 'at risk' young people who are currently underserved in community physical activity pathways in Western Australia. Each program is tailored based on preference of participants, ages and community needs, and may be targeted for a mixed group or a specific presentation for example:

- Trans and Gender Diverse; Neurodivergent; Mental Health Challenges or Distress; Substance Use



Exercise Services Impact

Service Delivery


7678 total exercise service delivery hours across all programs.

1112 total enrolments across all programs.


37 locations from Perth Metro – Southwest across all programs.

100% of Thriving youth and families would recommend our exercise service.


Our Participants




90% are seeing another health professional or assistive service.



93% sometimes or often experience difficulties socialising and/or relating to other children.




74% require additional assistance at school

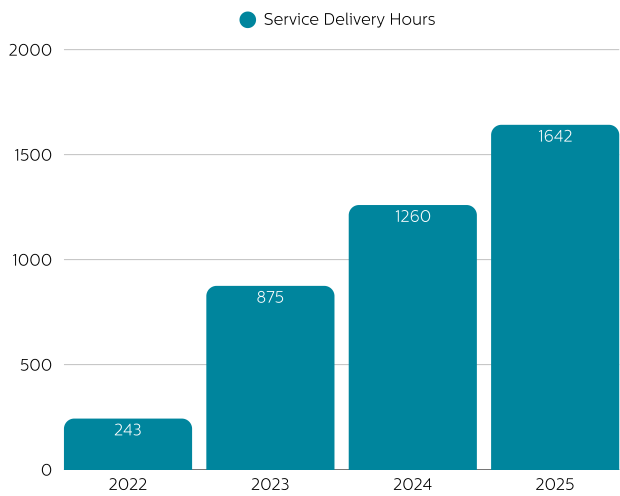


64% have situations or experiences which make them highly anxious, or they avoid.

65% experience behavioural difficulties or challenges that need to be considered during exercise.

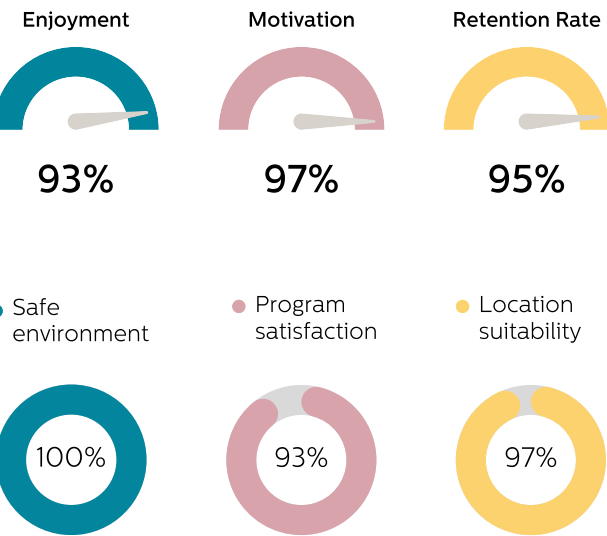


Mental Health Program



Growth Graph – 2022 – 2025

Youth Moves 2025 Program Feedback



Parents unanimously supported additional funding to expand program reach.

Gianna’s Experience of Thriving Case Study

Gianna

Gianna joined Thriving in Motion in November 2023 due to challenges engaging in physical activity and community participation. She has diagnoses of Down Syndrome, Epilepsy, Autism, and anxiety.

Due to the complexity of her needs, Gianna experiences barriers to physical activity participation at school, in community sport, and in peer interactions. She currently attends weekly 1-on-1 sessions tailored to her individual needs, focusing on developing gross motor skills and physical strength to support greater participation in everyday physical activities, such as riding her bike with her parents.

During Term 4, 2025, she disengaged from school, and Thriving in Motion has remained the only therapy she consistently attends. Despite these challenges, Gianna continues to engage when able, making gradual progress within a flexible, supportive environment that prioritises her wellbeing and autonomy.

Family Testimony – Catherine and Brendon

“Our initial goal in enrolling Gianna in Thriving was to support her motor skill development through 1-on-1 sessions, with the hope of eventually transitioning into a group setting to build social connection.

Following significant trauma at school, Gianna became reluctant to leave home. During

this time, the Thriving team were incredibly understanding and supportive. The Thriving instructor has built a strong rapport with Gianna, ensuring sessions are fun, engaging, and responsive to her needs while continuing to develop her physical skills. Thriving has become one of the few community-based ‘safe spaces’ where Gianna feels able to participate. She always leaves sessions smiling and proud of what she has achieved.

It is an excellent program run by even better people.”

Instructor Testimony

“Building a therapeutic relationship with Gianna has been one of the most rewarding experiences of my work at Thriving in Motion. Supporting her has challenged my creativity and deepened my understanding of how to meet her where she is each session. Gianna has progressed from being too anxious to enter the building, to quietly standing in the room, to now walking in confidently, sending her parents to wait in the car, and calling out, ‘Hi.’ Watching her dance, sing, and enjoy movement during sessions is incredibly special, and I’m excited to continue supporting her journey.”



View of our Young People

Youth Moves

Supporting WA youth (15-25yrs) to engage in an evidence-based movement program, in a supportive, inclusive and non-judgmental environment.

Participant Testimonials

"It was nice to just play sport and not have to constantly think about gender stuff or how I look or acted around the others."

- Trans boy, 16yrs

"I was surprised how much I missed playing a team sport and being active. I wish I could attend twice a week."

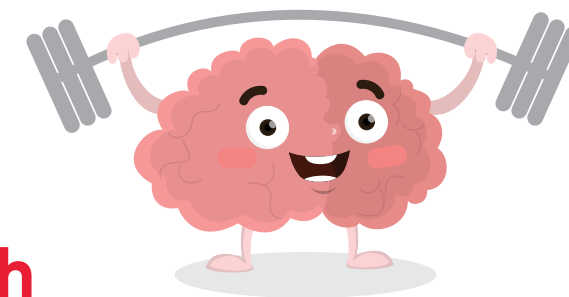
- Trans boy, 12 yrs

"It was very great in terms of changing my mindset in terms of my future, as well as my mindset towards studying, school and results in a positive way. Like thinking less about the pressure of school but instead on the positive like learning."

- Mental Health Program (participant)

"Thriving in Motion is amazing! Please keep doing what you do- inspiring and supporting young people to engage in and understand the impacts of physical activity on mental health!"

- Mental Health Program (teacher)



Thriving Minds: Research and Education

Research

Thriving in Motion is a research and community partner across a range of projects exploring exercise and health in young people with the aim to build and share the knowledge around supporting exercise and health in young people.

Our research is conducted in along key partners including the Mental Health and Exercise Research Group, UWA, UNSW, and The Kids Research Institute with a shared commitment to cocreating knowledge with communities and for communities.

Explore our current research projects: <https://www.thrivinginmotion.org/projects/>

Education & Training

We are building knowledge to support health and exercise in young people through accessible training for both community members and health professionals.

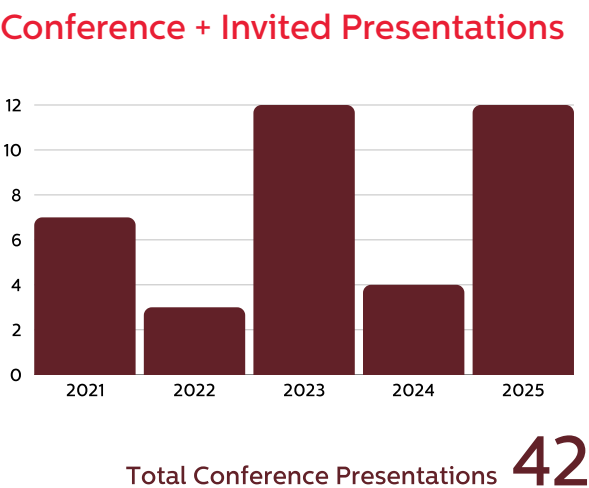
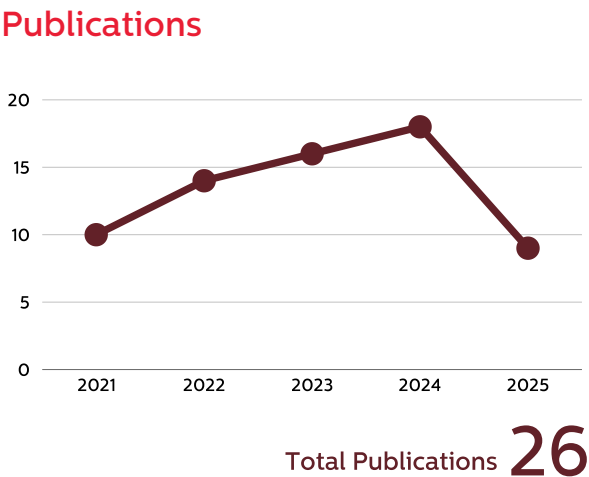
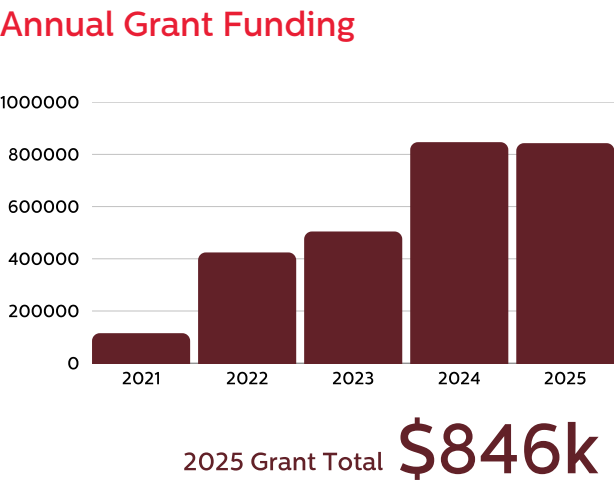
Current course offerings include:

- Physical Literacy and Therapeutic Exercise for Young People
- Exercise in Severe Mental Illness
- Mental Health First Aid
- Inclusive Movement Practices

Learn more: <https://www.thrivinginmotion.org/education/>

We pride ourselves on a diverse, clinically active education and research team with broad expertise across multiple areas of practice, enabling us to effectively translate evidence and research into meaningful real-world application and community impact.

Research and Education: Impact + Outputs



\$4.5 mil.
= Total managed by us
Service + Evaluation = \$3.1mil
Research = \$250k
Fundors including Telethon 7 Trust,
Stan Perron Charitable Foundation,
Healthway, WA Government, Exercise
+ Sport Science Australia.
+ 1.1mil
in Collaborative Grants

Clinical
Training
Students
Supported
81 Participants
Trained

10
Research
Students
Supported

Community
Education
Events
226
Participants Trained

Thriving Families Research Feature

A/Prof Kemi Wright, A/Prof Bonnie Furzer, Prof Ben Jackson and colleagues.

Young people with neurodevelopmental, emotional and/or behavioural challenges often experience lower levels of physical activity and face major barriers to participating in school and community sport. In response, and as part of her PhD thesis, Thriving in Motion’s COO A/Prof Kemi Wright designed a 10-week, community-based, multi-component physical literacy program grounded in behaviour change theory. This unique motivational framework – known as MAGIC – formed the basis of the program which combined small group exercise sessions, with personalised goal setting, positive coaching strategies, and practical home activity plans for children, alongside structured parent workshops.

Published in the Journal Mental Health and Physical Activity an evaluation of Thriving Families – highlights how thoughtfully structured, family-centred physical activity programs can build confidence, strengthen skills and boost motivation, helping young people engage in physical activity throughout their lives.

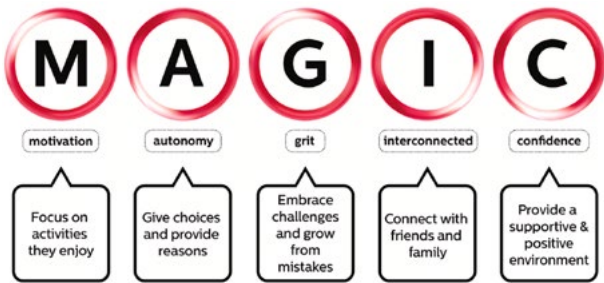


Figure 1. MAGIC Infographic. Source: Original research article

Results of the study demonstrate that Thriving Families is a) feasible and highly acceptable, with over 90% positive ratings from parents and instructors; b) impactful, with moderate to large improvements in physical competence, confidence and engagement behaviours; and c) transformational for families, with parents reporting new routines, greater participation in community and school sport, and increased motivation to be active as a family.

“My passion for the project and the onus for doing my PhD...” says A/Prof Kemi Wright “was really to build [an] evidence base and find out what is it that we do that makes our programs really effective at helping kids with those additional needs engage in community-based exercise and physical activity”.

Reflecting on the projects purpose, A/Prof Wright explained that the program provides young people with the opportunity to have fun while also building the individual skills they need to better connect with their community.

“My dream scenario would be that Thriving Families is rolled out nationwide, (so) that any family who was looking for some physical activity support [...] would be able to access the program, but also so that young people could engage in any community-based sport and be met with a really positive exercise environment where they weren’t hesitant to engage, they knew that they would find supportive people, and they would be able to try anything that they wanted to in respect to exercise.”

Co-author and CEO of Thriving, A/Prof Bonnie Furzer, explained it was important for parents and young people to work together to create positive relationships with sport and activity.

“Through our research we discovered many kids really wanted to play the sports; they just didn’t want to always be last, never score a goal, or feel like they were letting the team down,” A/Prof Furzer said.

“Our research showed that by breaking down the tasks, working on strength and balance,

increasing their physical literacy, as well as equipping their parents with skills to proactively help motivate their child’s participation, these young people could still thrive in sports when they were encouraged in a supportive, positive, and fun way.”



Scientific & Community Implications

- Physical literacy matters: Building competence, confidence, social connection, and enjoyment leads to better long-term engagement than focusing only on fitness.
- Simple frameworks can help drive behaviour change: The MAGIC framework gave families memorable, practical tools to apply at home, at school, and in the community.
- Programs must be strengths-based and adaptable: Children of all abilities can succeed when activities are scaled, inclusive, and psychologically supportive.

- Family-centred design is essential: Equipping parents as coaches significantly boosts children’s confidence, motivation, and readiness to participate.
- Thriving Families is scalable: The trial shows strong feasibility for expansion across communities, informing Thriving in Motion’s future growth and workforce training initiatives.

This work was supported by Thriving in Motion, participants, families, and exercise instructors, The University of Western Australia, and a Clinical Exercise Physiology Research Grant from Exercise and Sport Science Australia.

Community Engagement

At Thriving in Motion, community is at the heart of everything we do. We work closely with our Youth Advisory Group and Parent Advisory Group to ensure our programs are responsive to the real and evolving needs of the young people and families we serve. Their lived experiences and insights shape our services and guide how we show up for our community.

Over the past year, we’ve been busy connecting, sharing, and learning with those around us – and every moment has reinforced why this work matters.

From meaningful conversations at events like the Bob Hawke Highschool IDAHOBIT day and the Leeming Health Expo, to engaging drop-in sessions with the incredible teams at The Freedom Centre, All Stars for Autism, Bowls WA, Spectrum Space, Perth Frontrunners, and more, we’ve deepened our local roots and built bridges of understanding.

We’ve proudly taken part in Neurodiversity week, International Day of People with Disabilities, Pyjama Day, the Margaret River Ultramarathon, Telethon Family Festival, along with Pride Club Day, Fair Day, and Freo Fest, and other community outreach events to ensure our programs are visible, inclusive, and accessible.

Our team presented at seminars, conferences and local forums, including seminars for Eating Disorders Australia and Australian Research Consortium for Transgender Youth and Children (ARCTYC), alongside oral and poster presentations at the 2025 AusPATH

Conference, gaining fresh insights to support better outcomes in mental health, physical activity, and wellbeing. When we come together, we build a stronger, more informed, and more compassionate community and that’s at the core of everything we do at Thriving in Motion.

To follow our journey and stay up to date with the latest community happenings, visit our blog: <https://www.thrivinginmotion.org/projects/news-and-events/>

Message from our Community Engagement Officer – Ben Quick

“My favourite part of working at Thriving is getting to work with our young people – chatting with them about life, wellness, their interests, challenges, hopes and general lives. It’s always phenomenal to see their confidence with exercise and social sports grow as the weeks tick by. Every single one of them is involved in so many different and interesting communities. I am honoured to be able to act as a sounding board when they’re troubleshooting the various conundrums of adolescence and early adulthood, and I can’t wait to see what chaos they continue unleashing in 2026.”



Link to the full publication: Wright, K., Jackson, B., Licari, K., Dimmock, J. & Furzer, B. (2023). Thriving families: The feasibility and preliminary efficacy of a multi-component physical literacy program for children with neurodevelopmental, emotional, or behavioural problems. *Mental Health and Physical Activity*, 25.

<https://doi.org/10.1016/j.mhpa.2023.100558>



Awards & Partners

2025 Awards

Winner

IPAA Achievement Awards
Excellence in the Not-for-Profit Sector,
Thriving in Motion

Winner

AUSactive Social Value + Community
Impact Award
Kids + Teens Program

Winner

WA Mental Health Awards Diversity +
Inclusion Award
Youth Moves Program

Winner

IPAA Achievement Awards
Leader of the Year in the Not-for-Profit Sector,
Bonnie Furzer

Finalist

AUSactive Mental Health Awareness Award
Move It for Mental Health Program

Finalist

IPAA Achievement Awards
Best Practice in LGBTQIA+ Inclusion,
Youth Moves



Our Team

Thriving would not be possible without the amazing team of administration, support, education and program delivery staff and students. The expertise and enthusiasm of our exceptional team is what allows us to continually offer a wide variety of programs and exercise experiences to kids and teens.

Partners

The success of our programs and services would not be possible without the support of our various funding partnerships. Thank you to all of our donors for helping Thriving to make a difference in the lives of WA young people. We cannot express how much we value the opportunity to work alongside these organisations. Thank you.

- Telethon 7 Trust
- Department of Creative Industries, Tourism and Sport
- The University of Western Australia
- Stan Perron Charitable Foundation
- WA Association for Mental Health
- City of Stirling
- WA Charity Direct
- Courtney Media & Marketing



Our Board

Bonnie Furzer, Kemi Wright,
Sally Edmondson, Juanita Allison
Carly Willcox & Jon West

Chief Executive Officer

Associate Professor Bonnie Furzer

Chief Operations Officer

Dr Kemi Wright

Operations Manager

Felicity Austin

Business Manager

Ben Kramer

Senior Project Officer

Ashley Almarjawi

Senior Program Coordinators

Greta Edwards & John Hilston

Program Coordinators

Kayleen Russell & Meagan Davies

Community Engagement Officer

Ben Quick

Chief Enjoyment Officer (aka Therapy Dog)

Ernie



Get in touch

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