



# Thriving in Motion

## Sponsorship and Donations

Building strong, happy and healthy young people through exercise.





## 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.



## 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**



Videos of interviews with Thriving parents, young people and team.

# 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.



# Exercise Services

Services are provided by experts in using exercise for health, including Accredited Exercise Physiologists &/or Exercise Scientists, experienced 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

## Thriving Adults

Building strong, happy and healthy families through a variety of exercise programs designed for adults. It is more than just exercise - it's movement to build healthier, stronger, and connected families.

Exercise can significantly improve physical and mental health across the lifespan, and by supporting families our programs are designed to increase energy for family and fun, improve mood and brain health, and help parents and grandparents gain the confidence to do what matters most within their families. Plus, positive behaviours are contagious - when adults make exercise a regular, positive habit children are more likely to grow up active, healthy and confident in movement too.

## Programs include:

- **Thriving Generations** brings children and older adults together through fun games, playful challenges, and movement-based activities. By partnering across generations, participants build trust, share laughter, and create lasting memories. And above all - it's fun! Every session is designed to be a joyful experience for all ages.
- **Thriving Gold** supports older adults through building their capacity, resilience, strength and confidence to be active and engaged with family and community. Whether the goal is to kick a footy with grandkids, remain steady and confident, have more energy in the day or to stay physically strong and resilient for longer - our programs can be adapted for family goals, no matter what your starting point.
- **Fit 4 Family** provides a safe, supportive community where parents and carers can prioritise their own health and wellbeing, be part of a like-minded community, build strength and energy, and help manage stress.



# Donations

There are various ways individuals or organisations can support Thriving in Motion through specific or general donations.

## Wishlist (\$500 - \$20,000)



By funding essential exercise and health equipment and technology, you make it possible for Thriving in Motion to deliver programs in more locations - building stronger, happier, and healthier kids. With the right resources, no child misses the chance to move, connect, and thrive.

- High-impact wishlist items—state-of-the-art sports gear, advanced health assessment tools, and transformative sensory room equipment—will help us deliver world-class programs.

## Empower a child + support a family (\$700+)



Support a child's participation for a term or a year in our various programs across WA. Your contribution would cover:

- Physical fitness and health assessment, including reports for families to share with other health professionals (if relevant)
- Weekly tailored exercise sessions for 1 or more school terms
- A personalised home activity and engagement pack
- Thriving t-shirt and hat to foster belonging and identity
- Achievement certificates for the young person, detailing their efforts and progress towards their chosen goal

## Event + Fundraising Partnerships



Team Thriving has taken on the Margaret River Ultra Marathon for over 6 years - raising over \$45,000 to build healthier, happier futures for kids. By becoming an event partner, your organisation will join us in expanding access to life-changing programs and increase community knowledge around the benefits of exercise for physical and mental health.

- You can join us as an event partner for our annual event (e.g., Margaret River Ultra) or we can work together on other events, big or small!

## Direct Donation

As a DGR-registered charity, every donation you make is not only tax deductible, but also a direct investment in building stronger, healthier futures for young people. Donations can be made at any time.

# Partner with Thriving

By becoming a partner of Thriving in Motion, you will enable the development and delivery of innovative, inclusive and adaptable programs that empower young people and communities to thrive through movement, wellbeing, and inclusion.

This is more than sponsorship – it's an investment in impact and health. Together, we can break down barriers to participation, expand access to evidence-based exercise programs, and inspire lasting change in young people's health and wellbeing. Aligning your brand with **Thriving in Motion** demonstrates a commitment to social responsibility, and a belief in the power of movement to transform lives.

## Community Champion \$10,000 – \$30,000



### Your sponsorship enables:

- Delivery of a 10-week inclusive, strengths-based group program/s by expert exercise and allied health professionals at a Metro or Outer Metro location in WA.
- Barrier-free access to inclusive, group services for all children and young people, regardless of their background or circumstances

### What You'll Receive in Return

- Social media shout-out
- Your logo featured on our website related to the program you support
- An invitation to visit the program, meet participants, and see the impact first-hand

## Transformative Partner \$30,000 – \$70,000



### Your sponsorship enables:

- Inclusive, strengths-based exercise programs to be delivered consistently across metro and regional WA, building long-term community connection, sustained engagement, and enduring service pathways.

### What You'll Receive in Return *(everything included in community champion, plus)*

- A feature story about your impact on our social media, website and community e-newsletter
- Naming rights, and acknowledgement on specific program materials
- Invitation to attend and/or volunteer at the programs
- A workshop run by Team Thriving for your organisation (e.g., wellbeing seminar for staff, or school holiday activities for families from your workplace).

# Partner with Thriving



**GOAT (Greatest of all Time)**  
**\$70,000+**

**Your sponsorship enables:**

As a G.O.A.T. sponsor, your leadership and contribution will power life-changing programs - breaking barriers, inspiring movement, and transforming futures.

- We will work with you to identify, develop and deliver large scale and impactful programs embedded within community.

**What You'll Receive in Return** (*everything above, plus*)

- Delivery of workplace education and training (e.g. Mental Health, Inclusion + Diversity, Exercise + Health)
- Premium recognition across all Thriving platforms, events, and printed materials
- Inclusion of business logo on general Thriving in Motion marketing and promotional materials across various digital and print media
- A co-branded story featured in our annual impact report and across all our channels
- An opportunity to speak at or attend a program graduation or community celebration

# Exercise Services Impact

## Service Delivery

**6428** total exercise service delivery hours across all programs.

**573** total enrolments across all programs.

**33** locations from Perth metro – southwest across all programs.

**100%** of young people would recommend our exercise service.

## Our Participants



**85%** are seeing another health professional or assistive service.



**81%** sometimes or often experience difficulties socialising and/or relating to other children.

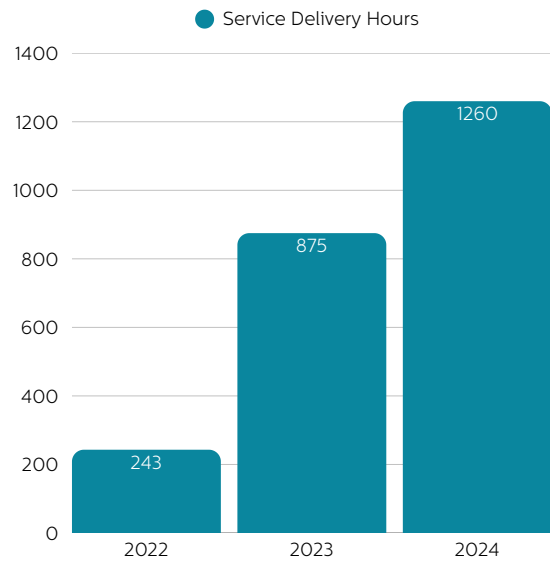


**54%** have situations or experiences which make them highly anxious, or they avoid.

**51%** experience behavioural difficulties or challenges that need to be considered during exercise.



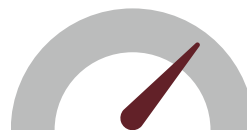
## Mental Health Program



Growth Graph – 2022 – 2024

## Youth Moves 2024 Program Feedback

### Enjoyment



**71%**

71% of participants rated high enjoyment for the sessions.

### Motivation



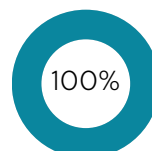
**65%**

65% of participants rated high motivation to return.

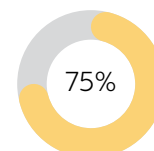
● Safe and Inclusive

● Program satisfaction

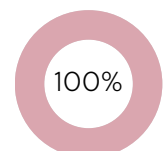
● Location suitability



100%



75%



100%

# Youth Spotlight

## Recognition

AusActive National Winner of the Most Inclusive and/or Diverse Program Award

ESSA Practitioner Award – Move it for Trans and Gender Diverse Young People



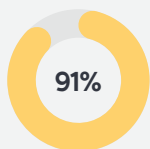
## 2024 Youth Moves

**409** service delivery hours in 10 locations

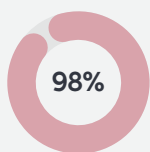
**327** attendances

**12** community partners

**10** volunteers



91% of participants rated high enjoyment for the sessions.



98% of participants rated high motivation to return.

## 2024 Movement for Mental Health

**1260** service delivery hours at 24 different education support or alternate education centres

**27** community partners

**3** volunteers

**4.25/5**

Overall program rating



100% of young people would recommend this program to others like them

## Testimonials

“Since joining Thriving I have found a new sense of confidence within myself surrounding exercise. The thought of trying new sports, or just entering an exercise area no longer fills me with dread and despair. Instead I am able to be excited and encouraged about doing something new.”

“[Thriving] care[s] about supporting everyone’s needs and are always there to lend a helping hand. Not only that, but they also organise some truly fantastic activities that bring people together and create unforgettable experiences. It’s so inspiring to see good people making a positive impact towards our kids.” – **Teacher**

“I thoroughly recommend the Thriving in Motion program to anyone wanting to motivate young people to engage in physical activity and develop a positive attitude towards movement and mental health. The importance of what the Thriving in Motion program offers to young people cannot be understated.” – **Teacher**

# Seth's Experience of Thriving

## Case Study

### Seth

Seth was referred by his GP in October of 2023 due to difficulties engaging in activity and exercise as a result of chemotherapy related side effects. Seth was diagnosed with acute lymphocytic leukaemia at age 4. He had 3 years of active treatment and has been in remission for 4 years. Seth had vincristine as part of his treatment which caused peripheral neuropathy in his ankles and a left side foot drop, which has since improved. Seth also struggled with grip/wrist strength and his ankles occasionally just 'gave way' resulting in falls.

Seth previously tried to join a homeschooled sports club but the other kids did not understand why he was not at their level and asked lots of questions and kept pointing Seth out as different, so he did not continue.

### Seth's Mum - Jacqui's Testimony

Seth was struggling with coordination and confidence after cancer treatment; he couldn't keep up with other children his age. Thriving has helped Seth immensely with his confidence and coordination. He has made incredible progress, and we are very grateful to his instructor for how wonderful she has been with him. The biggest strength of Thriving is the bond Seth has developed with his Thriving mentor, Greta and the progress he has made; he is much more confident and is happy to attend sessions alone, which is not something he would have done 6 months ago.

### Seth's Testimony

One of the best parts is that Thriving is helping me with my various, different issues. I also like spending time with my trainer. I have gotten used to her and I feel comfortable being around her. I don't think there is anything I don't like about the sessions. Thriving is one of the best exercise programs ever.

### Seth's instructor Greta's Testimony

Working with Seth has been so rewarding. He has made incredible progress over the last year: from wanting his Mum in the same room watching every exercise he completed, to being dropped off and completing the program independently (with instructor). From requiring frequent rests and being very uncomfortable with exertion and sweating, to pushing himself hard and only having short drink breaks. Seth's dedication and effort during sessions is wonderful and can be seen in the awesome improvements he has made. He has really come out of his shell and loves playing active, running games and tennis. I have enjoyed working with Seth so much over the last year and hope to be able to continue working with him in the future.



# You're joining a great team...

The University of WA and Telethon are key supporters of Thriving in Motion and their contribution is a key part of Thrivings success.

You'll be joining this team in providing help to the wide range of participants in programmes run throughout the year.

PROUDLY SUPPORTED BY:



STAN PERRON  
CHARITABLE  
FOUNDATION



Department of  
Local Government, Sport  
and Cultural Industries

## And helping some very grateful people.

*"Thriving has been such a fantastic help for my daughter who has motor dyspraxia and attention issues. She is much more coordinated and confident after skill building through Thriving sessions which she has attended since Sep 2015. The staff are brilliant and I feel very fortunate my daughter can access their fun classes and expertise in human movement. The benefit has been great. Thank you!" Parent*

