

Evidence-based programs delivered by exercise experts.

Our team includes Accredited Exercise Scientists (AES), Accredited Exercise Physiologists (AEP), and other allied health or exercise professionals.

We can adapt our sessions and programs to suit all abilities, presentations and goals a participant may have.

As an evidence-based not-for-profit organisation, we are committed to being guided by the current and emerging evidence, and contributing to research and education so that more young people and communities benefit.

Rebates may apply for our services through NDIS and/or private health funds.



Building strong, happy + healthy young people through exercise



Locations

Programs are available across various Perth Metro and Regional Locations

Get in touch

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Thriving Exercise Rehabilitation Inc. ABN 56 164 667 098



A place where young people can be active without judgement or exclusion, no matter what their abilities or needs

- We build physical literacy (e.g., fitness, strength, skills), foster motivation and confidence, and improve health in a supportive and fun way so that all young people have a positive exercise experience.
- We create an environment that is supportive and values teamwork over competition, and fun over frustration.
- We celebrate diversity and uniqueness
- We use fun and friendship to find the joy and motivation to move.

Thriving builds:

-  Self Esteem
-  Confidence
-  Physical literacy - motor skills, fitness, strength.
-  Enjoyment for movement
-  Social skills (e.g., friends, team work)



Kids + Teens Services

1-on-1

- For young people who need a higher level of support to achieve their exercise and health goals.
- Sessions are matched to a young persons development, abilities and preferences, and are responsive to their needs.
- Assessments and reporting are built into the program for families and/or health professionals

Fun Fitness (1-4 participants)

- Sessions for young people to work on their exercise goals in a supportive, small group environment
- Groups are mixed ages and abilities matched on goals, needs, and personality

Be Active (max 10 participants)

- Group sessions for young people to engage in a variety of fun, social, sport and exercise activities without pressure of competition or judgement
- Sessions include a mix of sports skills, strength and conditioning activities to build movement literacy, fitness and confidence to be active.

MiniMovers (max 10 child + parent/carer pairs)

- A mix of active games, guided plan and structured movement activities for young children who are walking independently
- Sessions aim to build motor skills, physical and sensory development, and movement confidence providing strong foundations for a lifetime of active play
- Parent/carers participate alongside their child, building skills to support movement play and childhood development at home.



97% of families would recommend Thriving to others.

“A non-pressure setting to accommodate my child’s point of difference and assist in boosting her confidence in physical activities” (Parent)

“The way the educators create team spirit and a safe place for the kids to experiment and play sport, with individual needs catered for” (Parent)

improvement
exercise
fun thrive activity
physical friends fitness
confidence strength awesome
instructor skill team
happy better best improve
encourage

“Thriving teaches everyone has different skill levels but you can all still participate” (Participant)

“It’s a really nice program where I see kids around me who are a bit like me, and I don’t feel like I am alone” (Participant)