

We offer 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.



Movement for Youth Health & Wellbeing

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





Move It for Mental Health

A mixed movement program for teens of all abilities delivered in partnership with education providers.

- 8-weeks of different movement activities delivered at school or community facilities.
- Within sessions informal education is provided about the role of exercise and movement to support wellbeing and health.
- Each program is adapted based on preferences of participants, ages and needs.

Youth Moves (15-25 years)

Community based movement programs for at-risk or disadvantaged young people

- 10-weeks of mixed movement sessions paired with peer support and informal education on exercise, health and wellbeing.
- Sessions are adapted for diverse young people including gender, cultural and neuro diversity; disability; mental health challenges; social disadvantage and housing instability.



Why Movement?

Being active is not only great for your physical health and fitness, but it can also improve your mental health and wellbeing. Wellbeing encompasses the health of the whole person - physical, mental, social and emotional. Good wellbeing helps young people to cope with the stress of life, realise their abilities, learn and contribute to their community.

No matter your fitness, abilities or experiences there are lots of ways to be active from daily movement, to structured sport and exercise, or active leisure.

exercise
fun Supportive
 confidence
 thrive **friends** fitness
 physical **encouraging**
cool mental health
 inclusive
 awesome

“the best thing about the program is how inclusive and supportive the team were no matter your physical level”

