

START THE DAY FRESH. MAKE A DIFFERENCE.

Enabling young people to start their day the right way, Starting F.R.E.S.H provides a healthy and supportive environment for young people to start their day with exercise and a healthy breakfast. Young people will learn the skills needed to improve their mindset and create a positive future.

Starting F.R.E.S.H offers a variety of exercise options changing daily. This may include Gym workouts, Bike rides, swimming, yoga and boxing along with other activities.

A range of healthy breakfast options and all transport is provided.



STARTING *Fresh*

EST. 2019



YOUTH +
FAMILY

- > Compassion
- > Integrity
- > Inclusiveness
- > Dignity

or follow us on:



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STARTING FRESH WITH ANGLICARE.

About Anglicare

Anglicare is a not-for-profit organisation focused on helping disadvantaged families, children, youth and communities throughout regional NSW and the ACT.



STARTING *Fresh*

EST. 2019

**FIT.
FOCUSED.
FRESH.**



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WHAT IS STARTING FRESH.

FITNESS.REPECT.EMPOWERMENT.SOCIALISATION.HEALTH

Developed specifically for 12-17 year old youth Starting F.R.E.S.H aims to give young people the opportunity to start their day the right way. Enabling each individual the skills to develop positive routines and take ownership of their daily choices.

Using exercise as the base each young person will also build on respect, ownership, positive mindset, goal setting and health to create opportunities for a positive future.





running
boxing
weights
yoga

swimming
bike riding

THE DETAILS.

Starting Fresh runs Monday, Wednesday and Thursday mornings with one afternoon session per week*

Morning sessions include;

-  Pick-up from 7am
-  Fitness session
-  A healthy breakfast and;
-  Ride to school

Afternoon sessions will utilise the R.A.G.E. program centred on anger management and fostering positive relationships. Participants will be collected from school and dropped home at the end of the session.

*during each school term

GET MOVING.

To find out more on how to get involved visit www.anglicare.com.au or contact us via text, email or call.

Phone: 0447 268 813

Email: damion.fraser@anglicare.com.au

**FIT.
FOCUSED.
FRESH.**