

16 July 2019

Empowering women through exercise

A free eight-week program is being offered to women in the Fairfield area to help get them off the couch and onto the netball court.

Starting on 1 August, the netball skills program is a South Western Sydney Local Health District, Netball NSW and Fairfield City Netball Association initiative which aims to provide women with the skills needed to transition into social or competitive netball.

District Health Promotion Service Director, Mandy Williams, said research showed 50 per cent of women aged over 25 were intimidated by sporting clubs.

“And, less than 20 per cent of women are involved in team or club-based sports. We need to change this,” Ms Williams said.

“Our goal is to increase the number of women engaging in these sports and this free netball program is one way we are helping change that statistic.”

Ms Williams said the program focused on developing fundamental netball skills and boosted confidence in a supportive and social environment.

“That way all women feel empowered to step onto the court,” Ms Williams said.

Kicking off in just a few weeks, Couch to Court will involve weekly, one-hour netball skills sessions. All participants will receive a free netball.

The initiative is one of many strategies being implemented by the District to complement the NSW Office of Sport Her Sport Her Way strategy.

For more information, please call 8738 6027 or visit www.tinyurl.com/couchtocourt