

Munarra Healthy Lifestyles

About Munarra Healthy Lifestyles

The Rumbalara Football and Netball Club (RFNC) is pivotal to health promotion within the Indigenous community. Seeing the opportunity to increase health and nutrition awareness within the Club, the RFNC began the Munarra Healthy Lifestyles program (HLP). The HLP aims to promote healthy lifestyles, including healthy eating and exercise, as the norm within the Indigenous community. The program is also concerned with the prevention of cardio-vascular disease, diabetes, and social and emotional wellbeing. The HLP also has strong links to other Club projects, including the Heart Health, Youth Suicide and Leadership programs, and ASHE program.

Who benefits

There is a strong need in the Indigenous community for a focus on health and nutrition and the RFNC actively promotes healthy lifestyles to broader indigenous family groups. The HLP is aimed at all members of the RFNC; people of all ages can participate and the program has a specific focus on players.

Overview of objectives

The core goal of the HLP has been to increase the physical and nutritional fitness of Club members and the broader community by providing a raft of hands-on, down-on-the-ground activities, many of which are targeted at children and families.

Program activities

Children-focused activities:

- Little athletics
- Swimming lessons
- Soccer and junior football
- Fruit share program – HLP purchased and subsidised fruit for Club members.

Adult-focused activities:

- Walk for Life – three time a week, with pedometers, logbooks and health promotional material provided.
- Weight management programs – including nutrition and dietary counselling, fitness assessment and gym programs.
- Men's and elders' programs – targeting groups less likely to engage in broad-ranging healthy lifestyles practices.

Player-focused activities:

- Beep test
- 1km time trials
- Core strength and flexibility sessions
- Injury prevention and rehabilitation exercises
- Fresh fruit provided on game days and training nights
- Nutritional meals provided after evening training.



“If we could make people focus on sport, their personal fitness and their personal commitments, we may be able to make healthy lifestyle changes.”

– Paul Briggs, OAM
RFNC President



“We have understood the underpinnings of poor health in Aboriginal communities but have struggled to find ways to change these while also addressing the immediate health concerns. What Rumba did was provide us with a partnership and a vehicle to actually progress that work.”

– Lyn Walker, Vic Health