

Project overview...

Families and educators can be very effective role models for young children by demonstrating that exercise is fun and enjoyable.

This project is about supporting children and families to enjoy the benefits of exercising together in a preschool setting.

Lower Macleay Preschool's Innovation Fund in action...

An exercise class has been running at preschool where parents, carers and their children work-out together with a personal trainer. Each class ends with a healthy snack, and water as the drink of choice.

“Exercise is fun with my family”

Lower Macleay Preschool



Healthy Communities
Mid North Coast