

# Humans Moving in Bayside and Glen Eira



Highlights of our health promotion work in 2023-24

Movement



## About Humans Moving

Initiated in 2022, this project in Port Phillip and Stonnington engaged community members to share their experiences and promote diverse ways of active living, fostering inclusive and safe environments.

Our team collected stories in public spaces, including libraries, neighbourhood houses, councils, public pools, and public housing, with the aim to highlight settings and activities where people can move their bodies without judgment. These stories were displayed in various settings. Due to the initiative's success, in 2023, we expanded the project to the LGAs of Glen Eira and Bayside, broadening its reach and impact.

### Links with the Ottawa Charter:

- Policy advocacy for inclusive active living
- Amplify community voice
- Create judgment-free spaces
- Apply an inclusive preventative approach
- Encourage active participation in physical activity

## Our goals

- Facilitate the sharing and listening of stories from people in Bayside and Glen Eira to understand how, where, and why they engage in active living, as well as any barriers they face.
- Utilise these insights to influence community messaging, promoting inclusive and judgment-free environments for movement.

## Results

### Community preferences

A total of 48 stories were collected. The majority of community members spoken to were older women (50+), who reported enjoying walking, gardening, household chores, swimming, dancing, and attending strength classes or yoga. Younger people (20-49 years) preferred running, marathons, organised sports, resistance training, and gym workouts. Older men (50+) expressed enjoyment in strength classes, playing organised sports, and walking.

Common motivations across all age groups included mental health benefits, stress relief, maintaining an active and maintaining a lifestyle that supports their wellbeing, including activities to socialise.

### Key barriers to active living

The below word cloud represents some key barriers identified by the community:



### Spotlights

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Movement helps with health & fitness and release of endorphins. I feel better and can study better. On days that I do not exercise, I feel lazy and don't feel like doing anything.

— Resident of Glen Eira

I like moving my body every day, whether that is walking, riding my bike or playing table tennis. I always feel re-invigorated after going out. The fresh air is wonderful and being outdoors is great for my mental health and reduce stress and anxiety.

— Resident of Bayside

## Next steps

We are working with the City of Bayside Council to determine the best methods for promoting stories and health messaging. This key collaboration aims to ensure that the communication aligns with the specific needs and preferences of the local community.