



**Basketball**  
Victoria

**Walking Basketball**

Kyle McMullan - Inclusion Officer

# Background



- Developed in 2015
- VicHealth funded initiative
- Combat increasing sedentary lifestyle of Victorian's
- Basketball "Everyone's game"

# Session Structure



# Partners

## Associations



## Council



## Other



# Benefits/Feedback

## Benefits

- Health (Physical & Mental)
- Social Interaction
- Sense of Community

## Feedback

- Gentle & enjoyable exercise
- Everyone gets involved
- Flexible program
- Energy to move

“Great fun and gives me more energy to move. I love socialising amongst happy people. I think having a sense of humour is very important in sport and Walking Basketball brings it out in all of us”

# Challenges

- Perception of Walking Basketball
- Program protection
- Facility Access
- Association ownership
- Connecting with participants





# Contact

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