

Rotary Fitness

Chris Edwards
Ambassador: Australian Rotary Health

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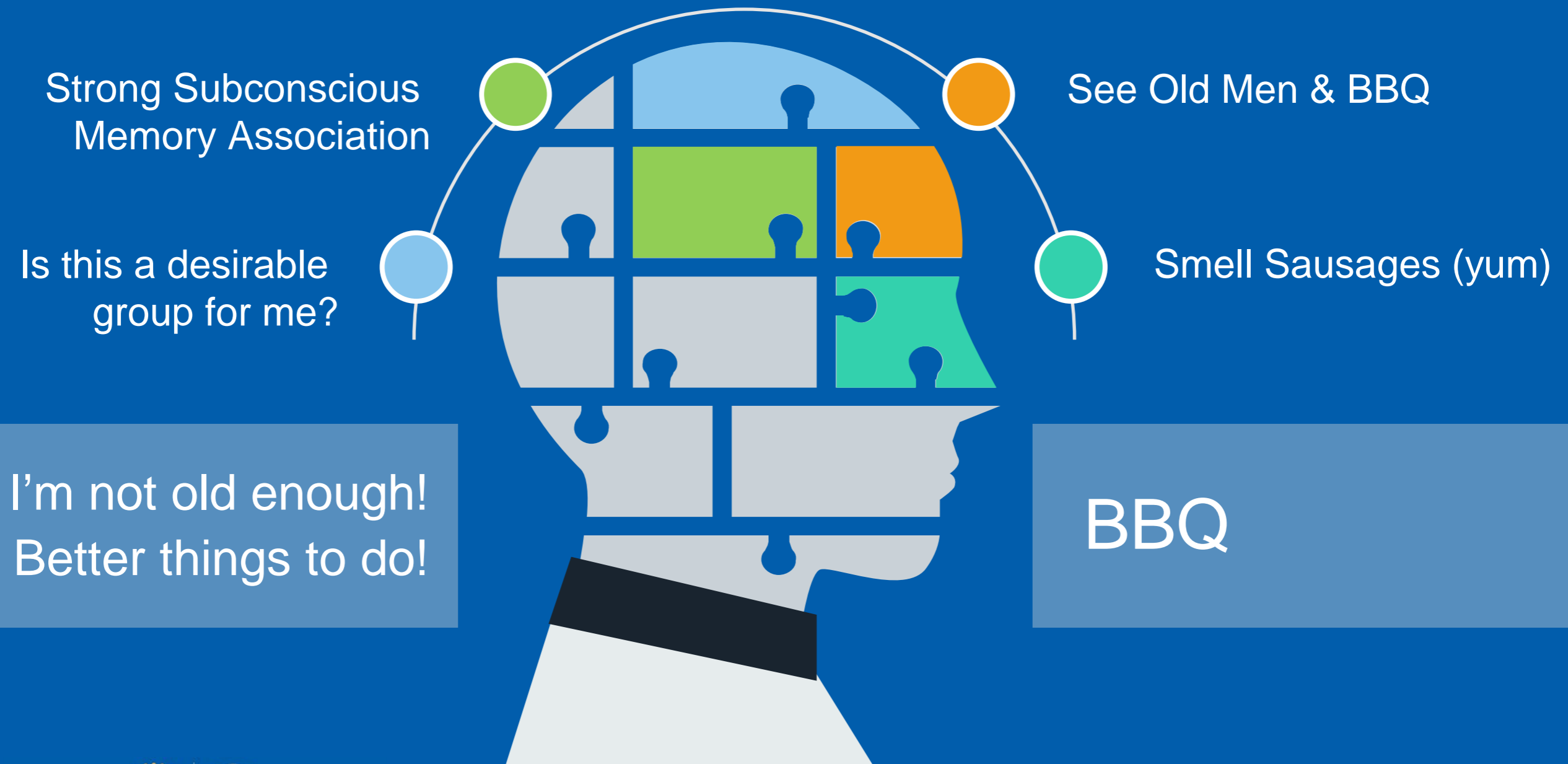
Parents are too busy!”

“

Seeing is Believing!”

Get Up & Go

Inner workings of the Mind

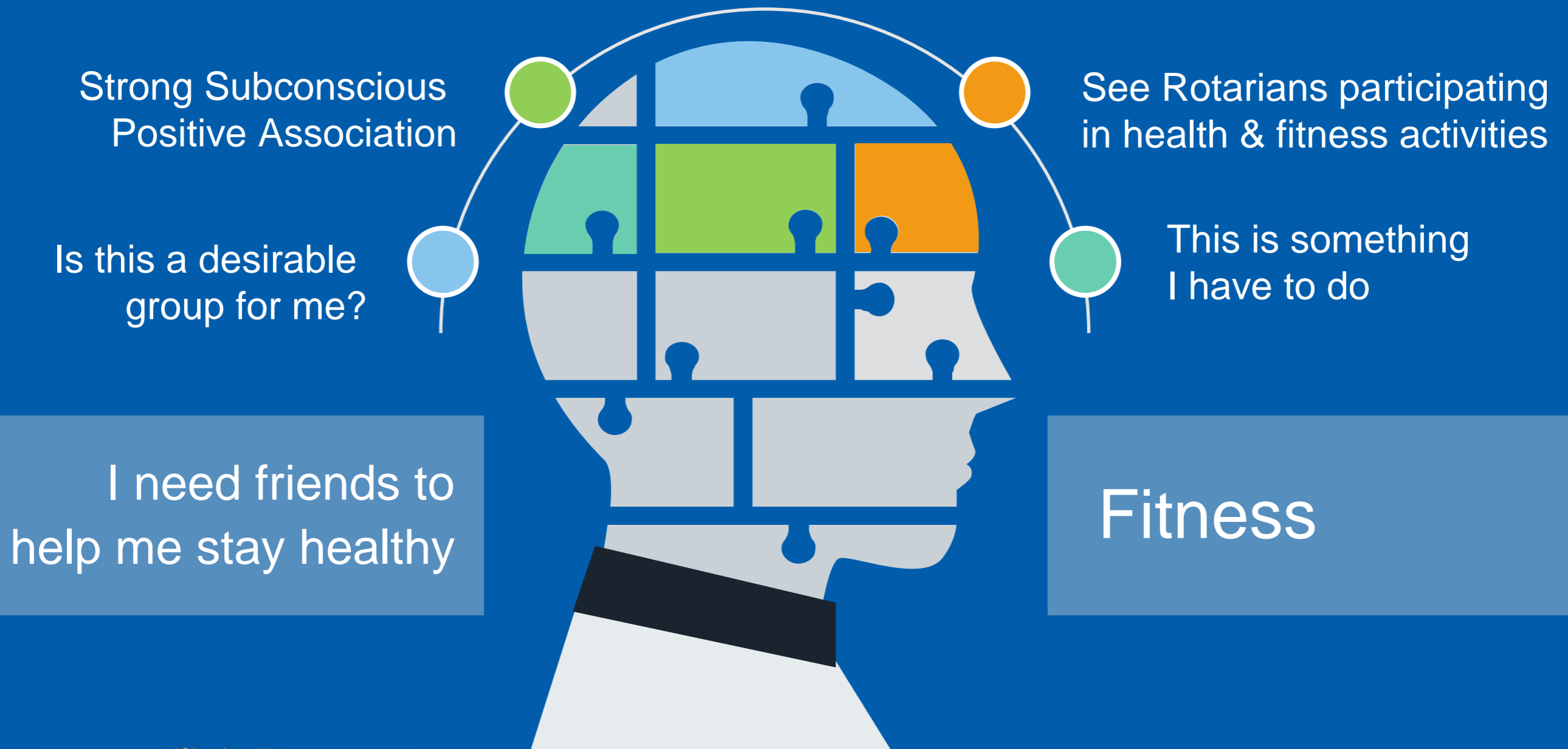



Rotary Clubs do more than BBQs



Get Up & Go

Inner workings of the Mind



A photograph of three people walking outdoors on a path. On the left is a woman wearing a wide-brimmed hat and a blue t-shirt, with her hand over her heart. In the middle is a woman with short blonde hair and glasses, wearing a light purple button-down shirt. On the right is a man with grey hair, wearing a green t-shirt and a shoulder bag, gesturing with his hand while laughing. They are all smiling and appear to be in a joyful conversation.

“What if we give people something else to see more often?”

Get Up & Go

Introducing Rotary.Fitness Sports Polo Shirts Depicting Your Favourite Sport





“United by activity
United by design!”

Get Up & Go

Colours, Shirts, Departments, Clothing for your Event Sport



“
Tested.
We know
this works’

“

Great to see Rotary
getting behind
health & fitness”

— overheard spectator comment



Get Up & Go

28 City2Surf Legends Running for Rotary



Rotary
Districts of Australia



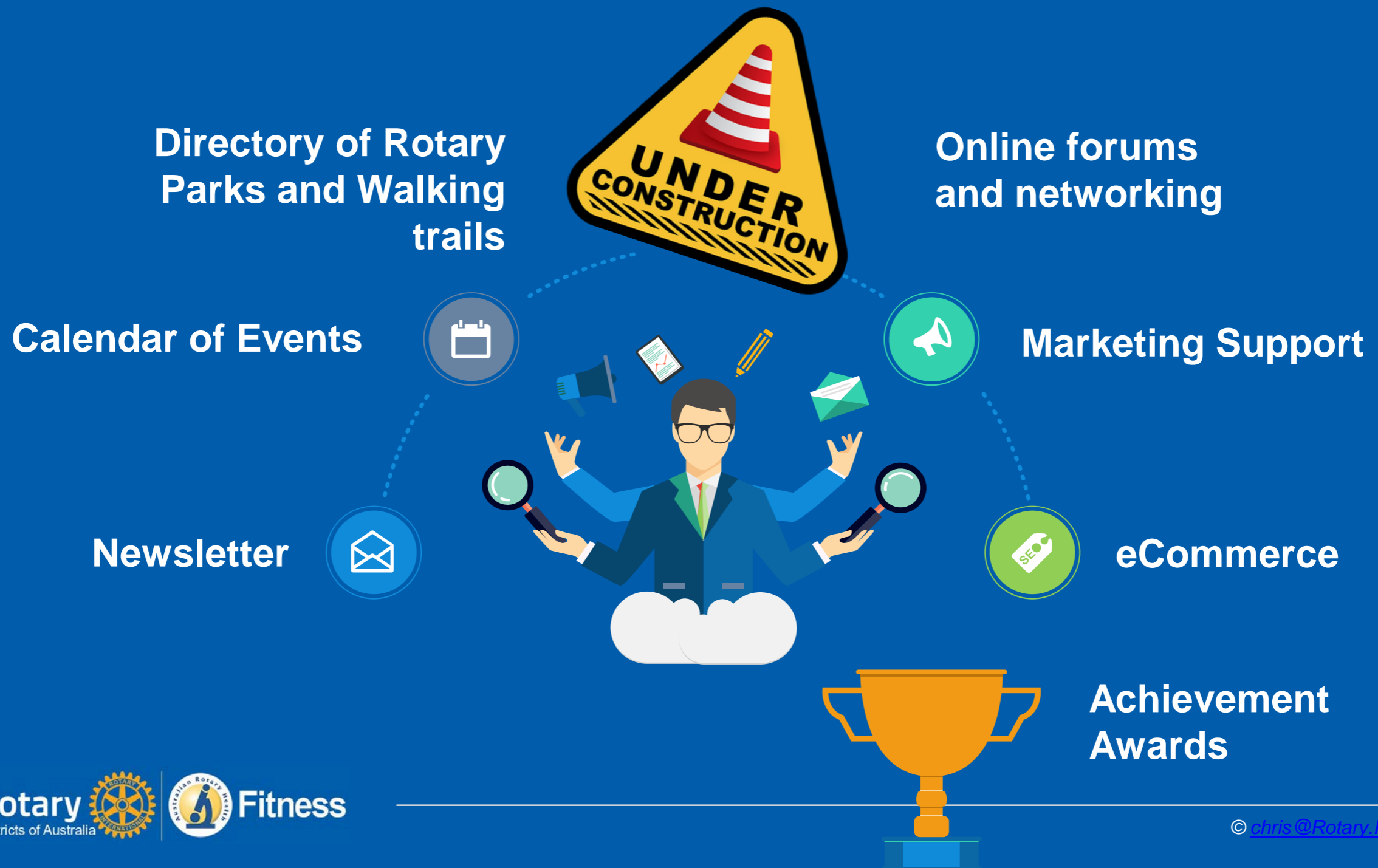
Fitness



“
Sport smashes
the generation gap”

Get Up & Go

Rotary.Fitness Support Website



EVENTS FROM

Date

SEARCH

Keyword

FIND EVENTS

VIEW AS

 List

[Collapse Filters](#)

Narrow Your Results

Event Category

☒ Cycling

Day

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐ Friday

Time

☐ All Day

☐ Morning

☐ Afternoon

☐ Evening

Upcoming Events

April 2018

Rotary Rides Canberra Five Peaks Challenge

29, April 2018

Canberra, ACT 2600 Australia + [Google Map](#)

\$80 - \$90



them all. Are you up for it? 5...

[Find out more »](#)

This non-competitive cyclo-sportive event provides a great challenge to ride the six peaks of Canberra – Mount Stromlo, Red Hill, Mount Pleasant, Mount Ainslie and Black Mountain and Dairy Farmers Hill (in the Arboretum). It is historically named 'Five Peaks Challenge' but since 2015, when Dairy Farmers Hill (in the Arboretum) was added, it has six peaks for you. That's 30% extra! Choose your peaks, choose your distance, climb one or climb

+ EXPORT EVENTS

Get Up & Go

How do I get Championed?

Join now and help spread the word

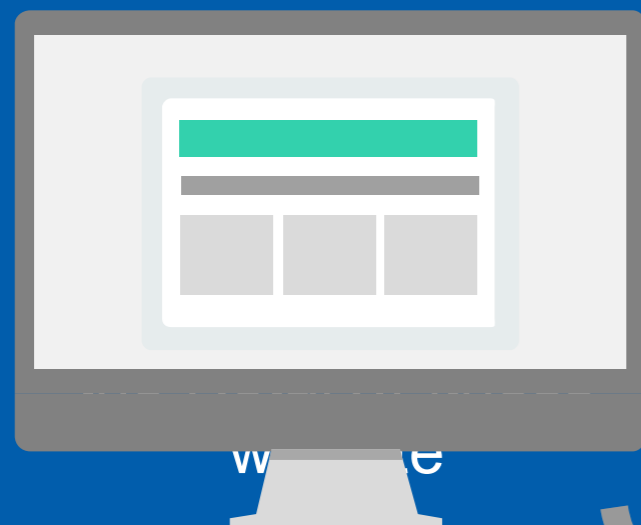
Appoint a Club Fitness Champion

Establish a weekly club activity
(walk, bike, golf etc.)



Get Up & Go

Next Steps...



**List your activity on
the Rotary.Fitness
website**



**Invite people to join
you on your activity**



**Build your club
with Rotarians of all
ages**

Get Up & Go

Rotary.Fitness Timeline...



2018

Established
Network of Rotary
Fitness Activities



2019

New Australian
Rotary Health
Scholarships funded



2020

Sea of 'Rotary
Blue' in the 50th
Sydney City2Surf

All Rotary Fitness memberships raise funds for
Australian Rotary Health

“
Join Today...
Tell us what sport
you'd like on
your polo... and
let's 'Get Up & Go'

