



## David Littleproud MP

Federal Member for Maranoa

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# Media Statement

September 27, 2018

### APPLICATIONS NOW OPEN TO ENCOURAGE SENIORS TO MOVE MORE

Seniors are being encouraged to 'move more' through Federal Coalition Government grants aimed at keeping our over-65s active, Member for Maranoa David Littleproud announced this week.

Local councils, Non-Government Organisations (NGO), National Sporting Organisations (NSO) and National Sporting Organisations for people with disability (NSOD) can apply for grants of up to \$2 million over a two-year period to help run community-based activities for people over the age of 65.

"It's so important our seniors stay active and social and this is a great chance to either start physical activity or keep it up," Mr Littleproud said.

"It might be anything from water aerobics, tennis or walking groups. The aim is to get people out of the house and enjoying physical activity in their community.

"Research from Sport Australia tells us older Australians are motivated to be active, but their choice of sport and physical activities change with age. Sport needs to be adaptable to these changes."

Mr Littleproud said the grants aimed to help seniors in rural and remote Australia feel less isolated and increase social opportunities.

"Elderly people are the heart of our regional and remote communities. We want to support social interaction, reduce the risks of falls and boost physical and mental health," he said.

"I'm glad to see regional, rural and remote areas will take priority in this programme."

The \$22.6 million Better Ageing grants programme will be managed by Sport Australia, the Australian Government's leading agency for sport and physical activity.

Applications will remain open until 31 October and more information on the Move It Aus – Better Ageing grants can be found at [www.sportaus.gov.au/betterageing](http://www.sportaus.gov.au/betterageing)

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#### Media Contact:

Annabelle Douglas

M: 068 901 548

E: [annabelle.douglas@aph.gov.au](mailto:annabelle.douglas@aph.gov.au)

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