



**40** 

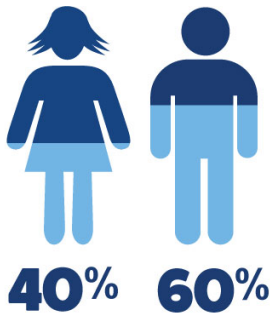
**PCYC clubs participated in Fit for Life in term 4, 2018**



**More than**

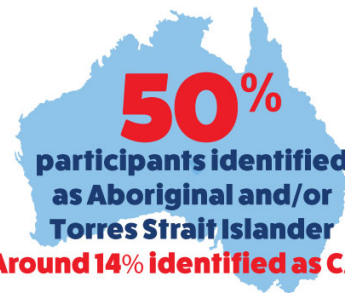
**500**

**young people participated**



**16%**

**of participants were young offenders known to Police**



 **89%**

**of clubs ran boxing programs with ball sport and group fitness options also offered**



**The group attitude towards police exceeded any thoughts we had. it was an amazing program and we have had some amazing results.**

## **Fit for Life Pilot Program 2018 Review Summary**

Overall, the Fit For Life pilot program appear to have been highly valued in most clubs, delivering an in-demand early morning program for at-risk youth. It has provided opportunities to build and extend community partnerships and stakeholder involvement in PCYC clubs and also build and improve relationships with local police districts. There is clear evidence that the program is building positive relationships between at-risk youth and the police through engagement with the Youth Case Managers and other officers such as School Liaison Officers and General Duties Police participating in the program.

While the program is an entry level activity, with the aim to build rapport with at-risk youth, it is already demonstrating other benefits such as improved fitness, motivation, health and nutrition awareness.

The case study highlighted in this evaluation shows that through incidental mentoring, using boxing and other fitness activities, the program is able to help develop much needed pro-social skills. These skills are leading to either improved school attendance or improved motivation to become job-ready.