

SPORT
AUS

MOVE IT AUS
PARTICIPATION
GRANT

ROWING
Australia

ENJOY ALL THE BENEFITS OF ROWING

WITHOUT GETTING YOUR FEET WET



Rowing Australia's

GRow program

We all know physical activity and **sport has a positive impact on people's physical, mental and social wellbeing**. What we don't always know is how to access or have time for that physical activity or sport. Rowing Australia is proud to be a partner of Sport AUS and the Move It AUS campaign to make more Australians active.



Utilising 80% of muscle groups, indoor rowing helps to strengthen bones and muscles while increasing fitness.



With busy lives, or changing circumstances, indoor rowing workouts **can take as little as 20mins** and range from resistance, to speed and fitness challenges and goals.

Rowing Australia's GRow program is delivered over six sessions, designed to help you notice physical and technical improvements as you continue indoor rowing in a fun, safe and supportive environment.

There are options available to complete an online coaching course, and mentor others on indoor rowing and the program as well as purchase equipment if you wish to continue.

To find out more information on the Rowing Australia GRow program please email:

indoorrowing@rowingaustralia.com.au

Your nearest GRow program is:

