



Down Syndrome  
Victoria

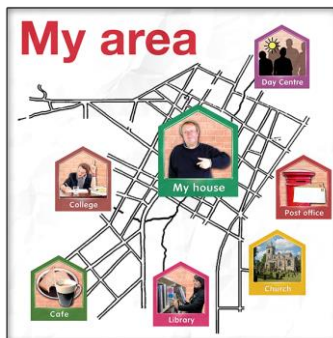
Supporting Victorian families since 1978

## FitSkills Co-design session

### What is the FitSkills Project?



This project helps people with Down Syndrome go to the gym.



The project helps people with Down syndrome:

- Find a gym close to home.

Down Syndrome Association of Victoria Inc.

552 Victoria Street North Melbourne VIC 3051 t: (03) 9486 9600

e: [info@dsav.asn.au](mailto:info@dsav.asn.au) w: [downsyndrome.org.au/vic](http://downsyndrome.org.au/vic)

Reg No A0008787R ABN 59 901 963 154



## Down Syndrome Victoria

Supporting Victorian families since 1978

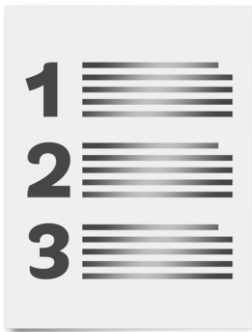


The project helps people with Down syndrome:

- Find a **mentor** to go to the gym with you.

A **mentor** is someone who:

- You can trust
- Can give you advice and help you.



The project helps people with Down syndrome:

- Get an **exercise program**

An **exercise program** is a list of exercises you can do at the gym.

The exercise program will help you with your goals.



The exercise program is from a physiotherapist.

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## What is the FitSkills Co-design session?



What does **co-design** mean?

**Co-design** is where we ask for your advice about something.

## Who can come to the Co-design session ?



- You are a person with Down syndrome.
- You have done FitSkills program before.

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