



## Child Obesity Management, Education & Research Program

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### Koala Active Kids Club

Welcome to the **KOALA Active Kids Club** website.

If you decide to become a member of the Koala Kids Club, you will start a new exciting journey of change that will lead to you and your family leading a happier, healthier and more peaceful life.

**Under Construction - Koala Club Membership coming soon!!!**

#### Frequently asked questions

##### What is the Koala Active Kids Club?

The Koala Kids club is open to all children and adolescents who wish to learn about how to stay healthy by eating well, being physically active and having an active mind.

This is not a club for overweight children but for ALL children who want to make a positive change in their lives and their families lives for a healthy and happy future.

##### What levels of membership are available?

One can join the club by simply registering on-line through the KOALA website with the help of a parent who will give us their permission for you to join and a registered email address. We do not need any other details from you. Upon registration we will email you an electronic membership card. Becoming a member will not cost you any money at all. Membership is entirely free.

We will keep you updated with a monthly KOALA email newsletter and hot news updates about any KOALA "Eat Well Be Active" activities and events that you may wish to participate in. Though the KOALA program and Club are presently only in Brisbane, you can still join as a member and receive email updates.

After you register on line you will receive an email confirming your interest to become a member and we will send you an electronic membership card which you will be able to use for access to membership activities and discounts through a growing network of KOALA sponsors and donors.

##### Am I eligible to join the Koala Active Kids Club?

Yes anyone from 6-16 years old can join as a member with your parent's permission.

All children who are referred to the KOALA Weight Management Program at the Mater will be automatically eligible to join the club, though membership is purely voluntary and is not necessary for participation in the KOALA Weight Management Program at the Mater Children's Hospital.

##### What do I get by joining the club?

You will receive an electronic membership card that you can print out which you can use to access membership benefits. This will include access via the KOALA Kids Active Club Home Page to lots of free information and fun and exciting things to do, which is all aimed at keeping you and your family healthy and active. In addition it will allow you and your family access to a growing network of KOALA sponsors and donors activities through the KOALA membership benefits scheme.

##### As a member of the Koala Active Kids Club what is expected of me?

We do not expect anything from you other than trying your best to learn to make some healthy changes in your life by eating well and be active in mind and body. In other words doing the best you can to help yourself and by doing so helping others in your family and around you.

If you decide to become a member of the KOALA Active Kids Club, we would encourage you to tell your friends about the club to see if they want to join as well. We would also appreciate that you give your feedback about the club by email as to whether you think the KOALA Active Kids Club has helped you in any way in your life and suggestions as to how to improve the Club.

If you decide to join then please contact [KoalaActiveKids@mater.org.au](mailto:KoalaActiveKids@mater.org.au)

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