

**Kick Fit**  
play. enjoy. stress less.

# The game is **BACK**

Kick the stigma: score for mental health.

5-a-side corporate soccer event.  
Friday 29<sup>th</sup> October 2010.  
Kick off 3pm at nib Stadium.

For information and to receive a registration form contact  
Sarah Blackah at [sblackah@healthbydesign.com.au](mailto:sblackah@healthbydesign.com.au)

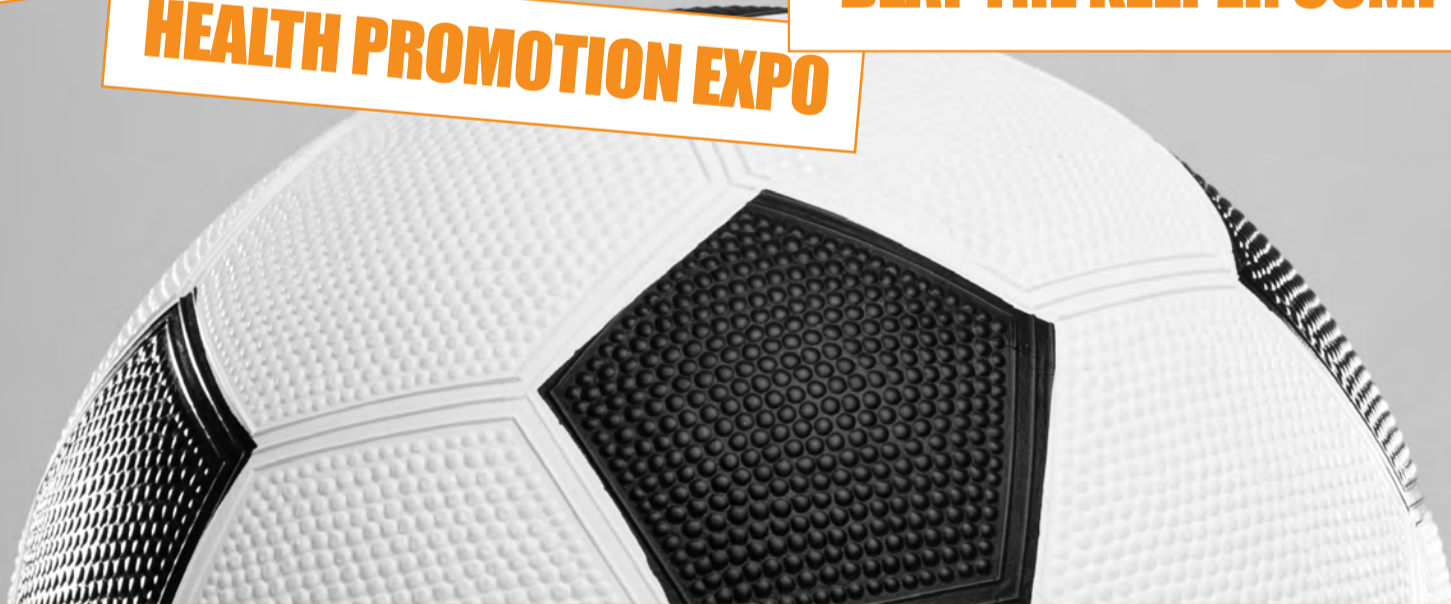
**BEST DRESSED  
COMPETITION**

**SOCIAL AFTER FUNCTION**

**PRIZES AND GIVE AWAYS**

**BEAT THE KEEPER COMPETITION**

**HEALTH PROMOTION EXPO**



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# Get your game on.

Kick the stigma: score for mental health.

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In conjunction with the beyondblue National Anxiety and Depression awareness month, this event aims to raise awareness about mental health and encourage physically, mentally and socially healthy workplaces.

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# Suit up for the game.

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**Around 16 per cent of adults are affected by depression at some point in their life.**

**Based on prevalence rates, it is estimated that over 2.3 million people had an anxiety episode in the past year.**

**Men have twice the rate of substance abuse disorders compared to women.**

**Only one third of people with a mental health disorder used health services for their mental health problem.**

**Raise awareness and understanding at your workplace by taking part in Kick Fit on Friday 29<sup>th</sup> October at nib Stadium.**

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# Get physically and mentally fit by kicking a soccer ball, or walking your dog, or playing tennis...



Exercise is a positive step you can take to improve your mental health:

- People who exercise report feeling less stressed or nervous.
- Physical exercise helps to counteract the feelings associated with depression.
- Negative moods such as tension, fatigue and anger can be reduced through regular exercise.
- Exercising can improve the way you perceive your physical condition, athletic abilities and body image.

Events to get you mentally and physically healthy:

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