

# QAS4Schools

The presentations delivered by athlete representatives will cover the following themes:

1. Healthy eating and lifestyle habits
2. Benefits of physical activity
3. Building excitement and anticipation for the upcoming #GC2018 Commonwealth Games

## Program messaging

- The QAS4Schools program is a fantastic initiative coming to primary schools right around Queensland. Our athletes are super keen to visit as many schools as possible to let you all know how amazing the Commonwealth Games on the Gold Coast are going to be next year.
- There are over 70 of Queensland and Australia's best athletes just waiting to visit schools like yours right across Queensland.
- Between this talented young group of men and women some have represented Australia at Olympic, Paralympic and Commonwealth Games competition, while others are destined for future honours.
- Each of them has their own story to tell on how they started out in sport, why they chose to stay in sport and where it has taken them in their careers.
- Students will be able to hear about how the choices they've made - even back when they were at Primary school - have led them to achieve their sporting goals.
- There's no better time than right now to get fit; be healthy; and get excited about sport in Queensland.
- The program aims to emphasise the importance of getting outdoors and how being active can be its own reward. The benefits of physical activity are endless - staying healthy and teaching life lessons like teamwork, persistence, participation and inclusiveness just to name a few.
- Be inspired, get excited and meet your hero!

## Embracing 2018

- The Gold Coast 2018 Commonwealth Games (GC2018) represents much more than just the promise of an unforgettable sporting event—it represents a unique opportunity to inspire our community to lead a healthier and more active lifestyle, in our beautiful Queensland environment.
- The Embracing 2018 Legacy Program for GC2018 aspires to build active, engaged and inclusive communities by motivating people to move more, value their health, and be active for life.
- Visit [www.embracing2018.com](http://www.embracing2018.com) for more information.