



**MAKE
YOUR
MOVE**

2025

Physical Activity Participation Survey

Monday 3 February to Sunday 30 March 2025



Let's get active together! Tell us how you are moving or what is stopping you.

Physical activities could include playing a sport, going for a walk, run, swim or bicycle ride, going to the gym or even going dancing. Basically, how you move!

Please head to yoursay.greaterdandenong.vic.gov.au or scan the QR code to complete the survey.

As an added incentive, when you complete the survey, you can go into the draw to win one of four **\$50 Coles / Myer vouchers**, which will be drawn at noon on Wednesday 30 April 2025. Terms and Conditions apply (go to yoursay.greaterdandenong.vic.gov.au).

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 council@cgd.vic.gov.au

 greaterdandenong.vic.gov.au

 Acknowledging
Bunurong Country

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The **results** will help your Council to understand the needs of our residents and direct resources to the activities, spaces and facilities with the greatest demand and to overcome barriers to being active.

Why? We know that if you are physically active even a little bit it will improve your health and will make you feel better.



Scan the QR code to complete the survey