

OFFICIAL
MEDIA PARTNER



 PORT MACQUARIE

OFFICIAL
HOST CITY

#lovePortMacquarie
#DiversityByInclusion #SportsEquity



AFT International SPORTS FITNESS FESTIVAL



A Fitness Today (AFT) creates and curates educational and entertaining content in the sports, fitness and wellness space. We extend a warm welcome and invite you to partake in this inaugural **AFT International Sports & Fitness Festival** simultaneously in **Port Macquarie & Kuala Lumpur** where we bring together Asia Pacific's Sports, Fitness & Wellness Heroes under one roof. Here's to life changing moments ahead! PS. For more info, email us at: info@sportsfitnessfestival.com.



ECO FRIENDLY



SCAN TO
RSVP

FESTIVAL PROGRAMME

SIGN UP!

WWW.SPORTSFITNESSFESTIVAL.COM

PROGRAMME

VENUE: PANTHERS PORT MACQUARIE

Programme is subject to change - please check the website.
 All activities are free except for special events marked *



SAT NOV 4, 2023

- 07:15am Welcome to Country
- 07:30am Warm-up Session
- 08:00am **Move8 Walk-a-Hunt**
- 08:03am 7KM Flag OFF
- 08:30am 13KM Flag OFF
- 09:30am 3KM Flag OFF
- 09:30am Virtual VR Walk Demo



- 10:00am **Keynote Speaker - Sport Inclusion, Matt Levy (NSW)**
- 11:00am Book Signing
- 01:00pm **Badminton Freeplay** with Coach Nirmal Joy (Taree/Badminton NSW)
- 03:15pm **Speaker - Sport Inclusion, Shannon & Sally**
- 03:30pm **Youth Karate Demo** by Kyokushin Karate Port Macquarie Dojo



06:30pm **Move8 Eat for Good Secret Supper***

*A\$66 per person. All profits to Port Macquarie Koala Hospital. Secret location in CBD Port revealed day before



SUN NOV 5, 2023



- 08:00am **Surfing for ALL @ Town Beach[^]**
- 10:00am **Air Badminton^{^^}**

[^]Location subject to change
^{^^} BYO Tennis or Squash Racquets

- 11:30am **Keynote Speaker - Health, Theresa Loo (QLD)**
- 12:15pm **Free Health Workshop (45-minutes)**
- 01:00pm **Group Exercise with Team Move8 Malaysia**

02:00pm **Health Workshop Deep Delve (60-minutes)***

*A\$30 per person includes bonus resources & light refreshments



ALL WEEKEND!

HEALTH & WELLNESS EXPO

Health is wealth



YOUTH IN SPORTS PROGRAMME



#IlovePortMacquarie #DiversityByInclusion #SportsEquity

SAT NOV 4, 2023

ACTION

**8
AM**

**MOVES VR
Walk-a-Hunt**

ACTION

**1
PM**

**Badminton Smash! Free Play
with Badminton NSW Coach**

SHOW

**3
PM**

**Kyokushin Karate Port
Macquarie Dojo**

SUN NOV 5, 2023

ACTION

**8
AM**

**Surfing at Town Beach
(or Flynn's Beach)**

ACTION

**10
AM**

Air Badminton
*BYO Tennis or Squash
Racquet

ARTS

**12
PM**

Dance Activity

WWW.SPORTSFITNESSFESTIVAL.COM

FREE

REGISTER
TODAY

NOV

3

AUSTRALIA FITNESS TODAY

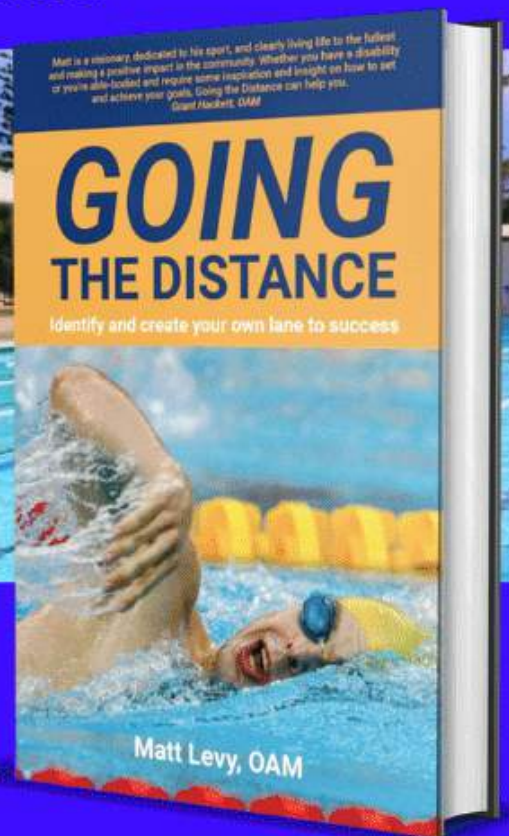
International SPORTS FITNESS FESTIVAL

PORT MACQUARIE



MEET & GREET MATT LEVY OAM

Gold Medal Swimmer, Author & Inclusion Advocate



A yellow vertical sign with a black silhouette of a swimmer wearing a cap and goggles. Below the icon, the text reads 'NOV 3' in large black letters, followed by '4:30PM - 5:30PM' in smaller black letters.

Entry: Free
Buy a book and have it autographed.

SIGN UP!

#DiversityByInclusion
#SportsEquity



www.sportsfitnessfestival.com/RSVP



Exclusively at the Y NSW Port Macquarie War Memorial Olympic Swimming Pool

NOV

4

OFFICIAL MEDIA PARTNER

AUSTRALIA FITNESS TODAY

APT International
SPORTS FITNESS FESTIVAL

OFFICIAL HOST CITY



move 8 VR Walk-a-Hunt

NOV 4, 2023

PORT MACQUARIE

08:00 - 11:00AM

MOVES FIT FOR GOOD WALK
3/7/13KM - YOU WILL UNRAVEL
CLUES TO ACCOMPLISH
MISSIONS AT EACH OF THE
EIGHT CHECKPOINTS.



CLUE

Photo by Casey Pitt / Getty Images (part of)



CLUE

Photo by Canva Pro / Getty Images (part of)



CLUE

Photo by Canva Pro / Getty Images



PANTHERS
1, BAY STREET,
PORT MACQUARIE
NSW 2444

ECO FRIENDLY



Entry is free but we'd like to ask for you to drop your recyclable containers at the Return and Earn Bins and donations support sports equity programs.

SIGN UP!

WWW.SPORTSFITNESSFESTIVAL.COM/RSVP
#loveportmacquarie #move8 #sportequity #spofife



WE ACKNOWLEDGE THE BIRPAI PEOPLE, THE TRADITIONAL CUSTODIANS OF THE LAND ON WHICH PORT MACQUARIE IS LOCATED.

Keynote Speaker Sports Inclusion

Matt Levy ^{OAM}

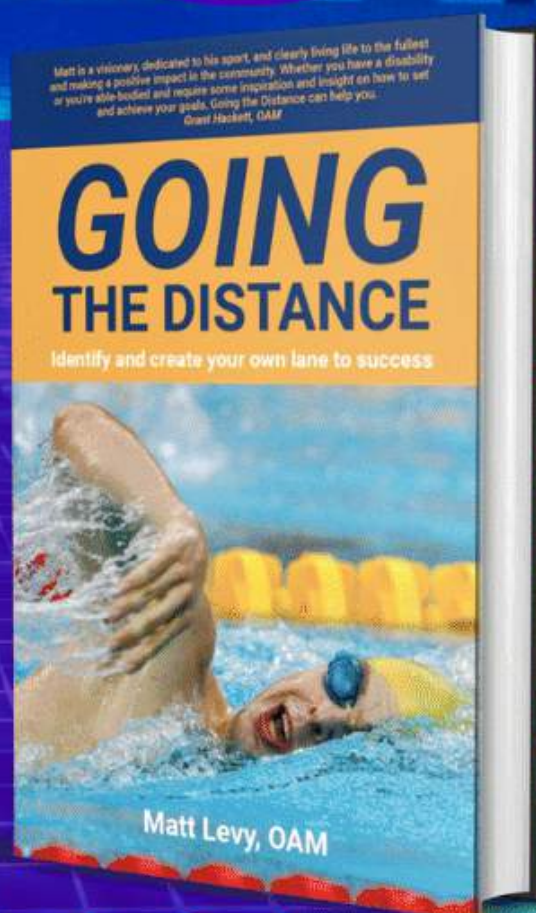
*Gold medal winning swimmer.
Author. Motivational speaker.
Inclusion advocate.*



**“No matter how hard the road
seems, there is always light at
the end of the tunnel.”**

In 1987, Matt Levy was born prematurely at 25 weeks. He has cerebral palsy, is legally blind, and has had 40-50 operations on his heart, lungs, ears, and even brain.

Matt is also a swimmer. You might have seen him win gold for Australia. He has competed at five consecutive Paralympic Games, winning 3 gold 1 silver, and 5 bronze medals. He's also swam at 5 World Swimming Championships - winning 20 international medals and holding 4 World Records. Matt has a degree in Business (Management), an Australian Institute of Company Directors qualification and MBA (Leadership), as well as an Order of Australia Medal (OAM) for services to sport.



NOV 4, 2023 FROM 10AM-11AM

PANTHERS PORT MACQUARIE

BUY A BOOK & HAVE IT SIGNED

LIMITED SEATS! RSVP TODAY!

WWW.SPORTSFITNESSFESTIVAL.COM/RSVP

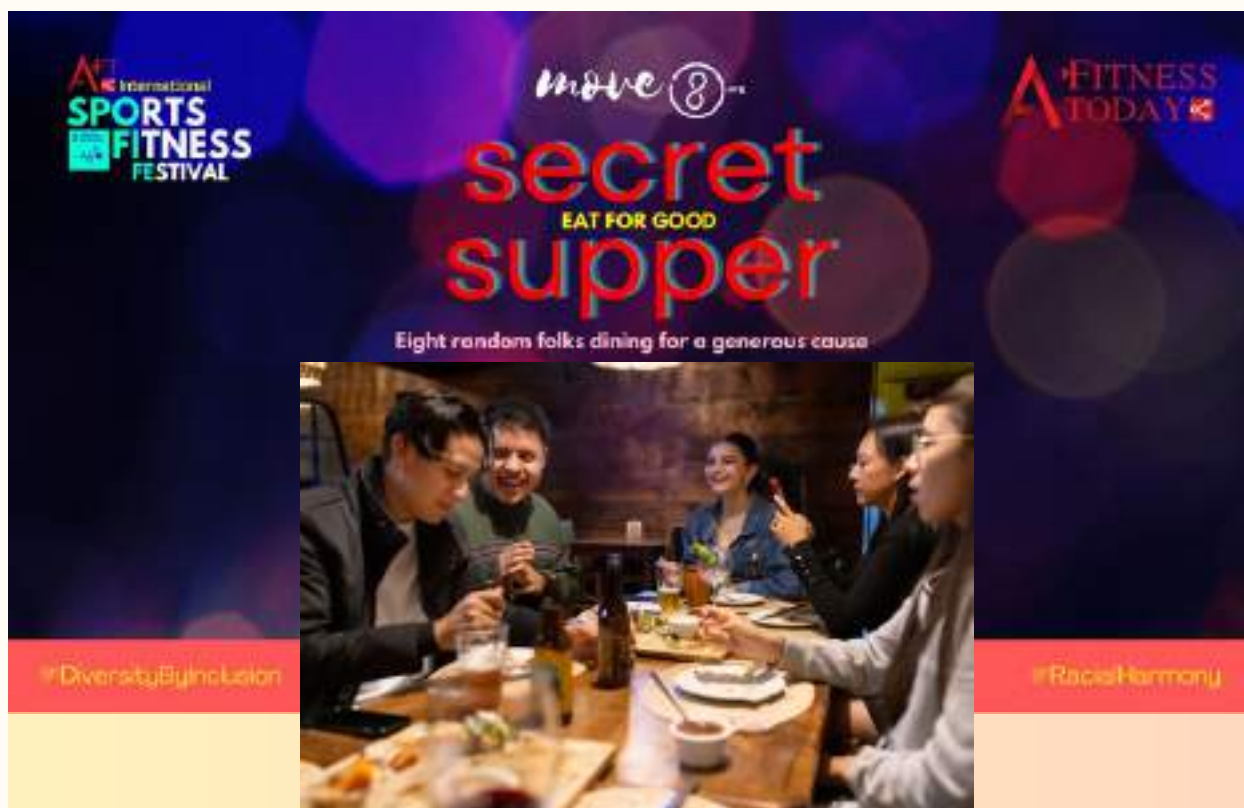


www.portmacquarieinfo.com.au/

#iloveportmacquarie #diversitybyinclusion
#sportsequity



EAT FOR GOOD SECRET SUPPER



Enjoy the camaraderie and excitement of making new friends, diverse conversations over a delicious dinner in Port Macquarie CBD.

Date: Saturday, Nov 4, 2023

Time: 6:30pm for 7:00pm

Cost: A\$66 incl. a three-course meal with one drink of your choice.

All profits from the dinner support our purpose partners:

- All Together Now
- Port Macquarie Koala Hospital
- Kyokushin Port Macquarie Karate Dojo

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NOV

5

Health Talks

Health & Wellness Insights that Could Change your Life!

Keynote Speaker

Theresa Loo (QLD)

*Specialist Pharmacist, Health Coach,
Podcaster and Founder, thePHARMACISTedit*

Theresa has over 20 years of experience and offers a holistic, root-cause approach to wellness.

Her approach is rooted in:

- Evidence-based research
- Ensuring that the strategies provided are effective and sustainable.
- Helped clients shed stubborn weight, break free from food cravings, and re-energise their lives.

Inspired by personal experiences, including her grandfathers' struggles with diabetes complications and her own struggles with belly fat.



Vision

We envision individuals becoming the happiest, healthiest versions of themselves.

Mission

To empower over 10,000 motivated individuals on their health transformation journeys.

Approach:

- Personalised Health Plans
- Accountability and Ongoing Guidance
- Overcoming Obstacles and Transforming Limiting Beliefs
- Tracking App for Progress
- Lifelong Skills for Well-being

DATE: NOV 5, 2023 TIME: 11:30AM-12:00PM
VENUE: PANTHERS PORT MACQUARIE

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Health Workshop

ARE YOU UNKNOWINGLY HARBOURING A CHRONIC DISEASE?

Facilitator: **Theresa Loo** (QLD)

*Specialist Pharmacist, Health Coach,
Podcaster and Founder,
thePHARMACISTedit*



Unlock the Secrets to:

- RECLAIM YOUR HEALTH!
- STUBBORN WEIGHT
- RE-ENERGISE

*Be guided towards a healthier and happier you.
This workshop will equip you with the knowledge and
strategies you need to regain control of your health.*

DON'T
MISS IT



- Are you concerned about any extra weight you may be carrying?
- Are you confused about all the food science and diet information out there?
- Do you experience joint or muscle pain, digestive issues or have trouble sleeping sometimes?

BENEFITS AWAIT YOU:

- **Unlock the Power of Timing:** Discover the optimal time to eat that fits your schedule and helps you shed those stubborn pounds.
- **Exercise Efficiency:** Uncover the secret to efficient workouts. Is it better to exercise in a single 30-minute block or break it into 10-minute bursts throughout the day?
- **Control your Weight:** Learn the best strategies to take control of your weight, finally breaking free from food cravings and stubborn fat.

DATE: NOV 5, 2023 TIME: 12:15PM-1:00PM

VENUE: PANTHERS PORT MACQUARIE

WWW.SPORTSFITNESSFESTIVAL.COM/RSVP



the **PHARMACIST** edit

Health Workshop

DELVE DEEP INTO UNDERSTANDING THE IMPACT OF YOUR DIET ON YOUR SYMPTOMS.

Facilitator:

Theresa Loo (QLD)

Specialist Pharmacist, Health Coach,
Podcaster and Founder,
thePHARMACISTedit

BONUS

Bonus Resource
provided.



Explore how **certain foods, high in histamine and oxalates**, can trigger those unwanted signs and symptoms that have been holding you back.

UNLOCK THE SECRETS TO:

- **Vibrant Health &**
- **Shed Stubborn Weight!**

- Are you tired of the relentless struggle to shake off stubborn weight?
- Have you ventured through countless diets, each offering a temporary solution but failing to provide lasting relief?

Unlock 3
Powerful
Solutions

- **Identify Food Triggers:** Learn to discern which foods may be triggering a cycle of addiction and allergy in your body. Understanding this is the first step to regaining control over your health.
- **Elimination:** Discover the effective strategies to eliminate these problematic foods from your diet, allowing your body to heal and shed that stubborn weight.
- **Stay on Track (Positive):** We'll dive into the vital aspect of preventing relapse and making your newfound well-being sustainable for the long term.

DATE: NOV 5, 2023 TIME: 2:00-3.00PM
VENUE: PANTHERS PORT MACQUARIE

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OUR PARTNERS**



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AFT International

SPORTS FITNESS FESTIVAL

LIVE @AFT-TV

SIGN LANGUAGE & CAPTIONS AVAILABLE

3 GOOD HEALTH AND WELL-BEING

JOIN OUR **Move8** Fit for Good VR Walk



4-5 NOV '23



PORT MACQUARIE
Birpai Land

30 SEP '23



SYDNEY HAYMARKET
Gadigal Land

24 SEP '23



BUKIT BINTANG KUALA LUMPUR

FREE ENTRY!
SCAN TO REGISTER



sportsfitnessfestival.com

SEE YOU IN

2024

