

VETERANS HEALTH

TAKE UP THE CHALLENGE



Veteran Support Force is holding its very first Veteran Games, taking place over the 30th September - 1st October 2023 at Numinbah Valley on the Gold Coast.

For its inaugural year, this event will see current and former serving personnel compete in teams of 8 in a military-style event. The event will include an Obstacle Course Challenge, Team Tug-of-War Competition, and other problem-solving and teamwork-based tasks which replicate military and combat challenges. This event will require teams to work together, highlight unique skills, and put their experience to the test. The event is open to Civilian teams to compete in the activities.

VETERAN GAMES



ATKINS HEALTH Exercise Physiologists have put together a 3-6 week challenge in the lead-up to this year's Veteran Games. This challenge is the perfect preparation for your team to conquer the events at the games, but it is also open to any and all veterans, whether you're competing in the games, looking to prepare for future events, or just looking to have fun with a group of mates.



**PROUD
SUPPORTER**

VeteranGames.com





ABOUT OUR TRAINING

Atkins Health Exercise Physiologists have put together a challenge in the lead up to this year's Veteran Games.

The challenge includes one 1hr team training and one 1hr individual training session per week for 6 weeks

The training sessions are focused on:

- ✓ Improving cardiovascular fitness and endurance through running, swimming and high intensity training
- ✓ Increasing strength through resistance and strength based movements
- ✓ Boosting agility and power through explosive plyometric and weight based exercises
- ✓ Enhancing team-work abilities through team-based cognitive and physical tasks
- ✓ Ensuring you are prepared for the minimum physical participation requirements



WHAT COMPETITORS NEED

For Competitive Advantage

What competitors of the games need in order to optimise their competitive advantage e.g. strength and fitness, mindset, nutrition, technology etc.

In order to do well at the Veteran Games, teams will need to display an exceptional level of strength, endurance, power, synergy, grit, problem-solving abilities, teamwork and the right mindset. This requires not only extraordinary effort, but a combination of individual and team training! You must know your own strengths and weaknesses as well as be able to work cohesively with all members of your team for all challenges. This is easier said than done, and it can be hard to not only get your team together to train, but to find an adequate space or facility that has everything you need! This is where the Exercise Physiologists at Atkins Health can help you and your team prepare for the Veteran Games.

VETERAN GAMES 2023
VETERANGAMES.COM
An Annual Event Showcasing the Skills + Excellence of our contemporary Veteran Community

FOCUSING ON
Key Findings from the Royal Commission into Defence and Veteran Suicide Interim Report

- CONNECT WITH COMMUNITY
- PROACTIVE PHYSICAL HEALTH
- PROACTIVE MENTAL HEALTH
- SHAPING A POSITIVE VETERAN NARRATIVE
- COMING TOGETHER WITH PURPOSE

KEY DETAILS

WHEN & WHERE?

- 30 SEPTEMBER - VETERAN HEATS
- 01 OCTOBER - VETERAN FINALS
- 02 OCTOBER - CIVILIAN TEAMS EVENT

THE GOLD COAST

WHAT'S INVOLVED?

- TEAM OBSTACLE COURSE
- TEAM TUG-OF-WAR
- PROBLEM SOLVING EVENTS +MORE!
- FAMILY FESTIVAL AREA & SPECTATOR ATTRACTIONS

HOW TO COMPETE?

- FORM YOUR TEAM OF 8
- REGISTER AT WWW.VETERANGAMES.COM

START TRAINING

BUSINESSES, BRANDS & VOLUNTEERS CAN ALSO GET INVOLVED

HEAD TO WWW.VETERANGAMES.COM

HOSTED BY
VETERAN SUPPORT FORCE LTD
- ACNC REGISTERED CHARITY
- DEDUCTIBLE GIFT RECIPIENT (DGR) STATUS

LET THE GAMES BEGIN!

WHERE AND HOW



CAN I ACCESS THIS PROGRAM?

Where/cost of the challenge

The challenge is open to any and all veterans and civilians, whether competing in this year's Veteran Games or not. Individuals who hold a Department of Veteran Affairs (DVA) Gold or White Card will incur no charge for treatment for sessions. To find out if you are eligible, it's always best to speak to your General Practitioner (GP) to obtain a referral (D904 form) prior to the initial appointment.

The challenge training sessions will be held at our Runaway Bay clinic where we have access to a track and field, gymnasium, pool, hockey court, volleyball court, basketball court

ABOUT ATKINS HEALTH

Atkins Health is an Allied Health Professional service provider headquartered on the Gold Coast. Our carefully selected, highly experienced team of practitioners serve clients with a variety of conditions from neurological disorders to cancer, pain management to weight control, and from paediatrics to veterans' health. Our team also work with athletes, helping them achieve excellence in performance.



SCAN HERE TO VISIT OUR WEBSITE



OR Call us today!

07-3177-7779

www.atkinshealth.com.au