Program Logic Model

Activities

- Aboriginal & TSI Women’s Fitness Program
- ↑ Perceived self-efficacy for PA
- ↑ Motivation for PA
- ↑ Perceived social support for PA

Outcomes

- Short-term
  - ↑ PA levels
  - Healthier diets
- Intermediate
  - ↓ waist circumference
  - Improved metabolic health
- Long-term
  - ↓ Incidence, mortality & morbidity from preventable lifestyle diseases