



30 minutes of moderate intensity physical activity on most days is needed for good health.

AFL Umpiring can help you achieve a healthier lifestyle.

At the same time, you can have fun, earn some extra \$\$\$ and support the growth of football in Canberra.



Whistle a healthier tune

Contact Kevin on 6232 6633 kevin.tingey@aflnswact.com.au

www.actumpiring.org.au



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