

## Process for Enrolment

To enrol in a Strength for Life program you will require as a minimum:

- **Strength for Life Enrolment Form**
- **Strength for Life Screening Form**

If you answer yes to any questions on the screening form, you will also need the **Referral Form** to be completed by your Doctor.

If you have had recent treatment with a physiotherapist or exercise physiologist for a musculoskeletal issue, you can take the **Referral Form** to the physio for completion before you attend your Assessment.

When all your forms are completed, call the Strength for Life Centre that you would like to attend and book in for an Assessment – take all the forms with you.

You will undertake an Assessment with the Instructor. This will take up to 1 hour and will cost no more than:

- \$65 for Tier 1 – Allied Health Instructor, OR
- \$45 for Tier 2 – Fitness Instructor

You will then be able to attend Strength for Life sessions at that site. Sessions will last for 1 hour and will cost no more than:

- \$12 for Tier 1
- \$10 for Tier 2