

Congratulations!

You've signed up for FiftyFitness Online Fitness Prospector. I can't wait to see you soon and get started discovering your ideal fitness life.

Please read the information below, book your online sessions and access resources in the links.

Online sessions will take place in zoom. Use the links in the following table to book your sessions. The duration and timing of each session is provided to help you with scheduling.

Session	Focus	Timing	Duration	Link to book
1	Getting to know you	When you're ready to start	60 minutes	<a href="https://calendly.com/katerowen/one-hour-zoom-session">https://calendly.com/katerowen/one-hour-zoom-session</a>
2	A workout just for you	2-3 days after Session 1	60 minutes	<a href="https://calendly.com/katerowen/one-hour-zoom-session">https://calendly.com/katerowen/one-hour-zoom-session</a>
3	How do you feel?	One week after Session 2	30 minutes	<a href="https://calendly.com/katerowen/half-hour-zoom-session">https://calendly.com/katerowen/half-hour-zoom-session</a>
4	Check in	Four weeks after Session 3	30 minutes	<a href="https://calendly.com/katerowen/half-hour-zoom-session">https://calendly.com/katerowen/half-hour-zoom-session</a>

#### Stage 1 pre-exercise screening

Complete the form in the link below prior to your first session. This is the minimum industry standard pre-exercise screening tool required and it will help you work out if you need clearance from a health professional to undertake exercise.

<https://forms.gle/CsJ4kXojHBQVzriUA>

#### Pre-exercise considerations

In our first session we'll talk through the key considerations for you from the 10 outlined in the workbook available through the link below. Spend some time thinking about these beforehand. There is space to write notes if you like, but this is entirely optional.

<https://bit.ly/GetBackOnTheFitnessWagon>

By making payment for this package, you agree to the following terms and conditions.

#### Package expiry date

The package must be completed within two months of commencement.

FiftyFitness online services comprise guidance, mentoring support, and accountability rather than training in real time during the sessions. Individual workouts are provided in written format via google docs and access to technical videos of exercises through the 'Workouts' app. Access to the app will be facilitated when your first workout is ready.

#### Rights and obligations

1. I agree to undertake pre-exercise screening and disclose health and wellbeing information relevant to the design of my exercise programs.
2. FiftyFitness agrees to keep my recorded information secure and confidential, only disclosing relevant details to health professionals if necessary and with my written permission.
3. I agree to participate in fitness training sessions following pre-exercise screening, with FiftyFitness to provide programs including endurance and resistance training using bodyweight and the fitness equipment that is available to me.
4. FiftyFitness agrees to work within their scope of practice and undertake continuing professional education.
5. I may request information from FiftyFitness about their qualifications and professional registration, and FiftyFitness must comply with the request in writing.

6. FiftyFitness trainers will always act lawfully and treat me respectfully and I agree to interact in the same manner towards other members and trainers.
7. I understand that FiftyFitness always prioritises my health and safety but accept the risks that may arise through increased physical activity and exercising outdoors. These risks may include: i) I may die or be physically or mentally injured. ii) My personal property may be lost or damaged. iii) Other people may cause me injury or damage my property. iv) I may cause injury to other people or damage their property. v) The conditions in which the activities are conducted may vary without warning.

#### Complaints

FiftyFitness must make every reasonable effort to resolve complaints about our service in a fair and timely manner. Complaints may be lodged in writing to [kate@fiftyfitness.com.au](mailto:kate@fiftyfitness.com.au) and FiftyFitness will acknowledge receipt and keep a record of the complaint. If you are not satisfied with the action taken to address your complaint, you may contact the registration body ([AUSactive](#)) or [Consumer Protection](#). Copies of the Fair Trading (Fitness Industry Code of Practice) Regulations 2020 (WA) will be provided to members on request.