Strength for Life

Process for Enrolment

To enrol in a Strength for Life program you will need to complete a **Strength for Life Enrolment & Screening Form**.

Additional forms may also be needed:

- If you answer yes to any questions on the Screening Form, you will also need the **Referral Form** to be completed by your GP.

- If you have had recent treatment with a Physiotherapist or Exercise Physiologist for a musculoskeletal issue, you can take the **Referral Form** to the Physiotherapist or Exercise Physiologist.

When you have completed all relevant forms, contact the Strength for Life provider that you would like to attend and book in for your first Strength for Life session. Take your completed forms with you.

- Please note: if you are enrolling in a Strength for Life Stay Strong Tier 1 or Tier 2, or Strength for Life Aqua program, you will need to book in for an assessment with the instructor before you start your first session. This will take up to 1 hour and helps tailor the program to your needs.

You will then be able to attend Strength for Life sessions at that site.

Taking part in a Strength for Life program involves some costs.
Session fees will apply (pay per session, weekly or monthly). This varies by provider.
There is also a cost for an assessment, if you are required to have one.
Please contact your chosen provider directly, they'll let you know what costs apply.