



REGISTRATION FORM



The next round of eCoFit will be delivered in Aberdeen and Merriwa, beginning in September, although you do not have to live in those towns to participate.

eCoFit is a FREE group based outdoor gym program with personal trainers and a smartphone App. The course involves ten outdoor group training sessions over ten weeks, with support from the App to continue training outside of these sessions.

Participants need to be aged 55 or over and agree to baseline testing (heart rate, waist, weight, walk test, arm curl test) at the start of the program and again at week 10 and 20 (to determines whether participants have continued exercising with no group sessions. No prior level of fitness is required.

Data is used by Newcastle University and is kept confidential.

Please register prior to Tuesday, 5 September 2017.

For further information contact Nicky Western on 0414 806 074 or email nwestern@upperhunter.nsw.gov.au

REGISTRATION DETAILS

Name:

Date of Birth:

Address:

Town in which you'll participate:

Aberdeen Merriwa

Email:

Mobile:

Home phone:

Preferred method of contact:

Mobile Home Email



PRIVACY STATEMENT

The personal information that Council is collecting from you is personal information for the purposes of the Privacy and Personal Information Protection Act 1998. The intended recipients of the personal information are officers within Council; data service providers engaged by Council from time to time; any other agent of Council.

The supply of the information is voluntary. If you cannot provide or do not wish to provide the information sought, Council may be unable to process your application.

You may make application for access or amendment to information held by Council. You may also make a request that Council suppresses your personal information from a public register. Council will consider any such application in accordance with the Act. Council is the agency that holds the information.

Enquiries concerning this matter can be addressed to the Public/Privacy Officer.