

+ Do you want to
**GET FIT
& LOSE
WEIGHT?**



eCoFit is your answer and its FREE

commencing September 2017

What is eCoFit? eCoFit is a group based outdoor gym program with personal trainers and a smartphone app to help you get fit and lose weight

Who can participate? You are eligible to participate if you are:

- over 55 years of age (no prior level of fitness required)
- would like to increase your level of physical ability
- have a smart phone

What do I have to do?

- Attend 10 group outdoor gym sessions with a personal trainer over a 10 week period
- Complete outdoor physical activity sessions with support from the smartphone app
- Attend 3 assessment sessions (week 1, 10 and 20)

Where and when will it be held?

- ABERDEEN - Wednesdays at 5.30pm
- MERRIWA - Fridays at 10.00am

Places are limited. Register before 5 September 2017.

Registration forms available at upperhunter.nsw.gov.au

Contact: Nicky Western P: 6540 1100 E: council@upperhunter.nsw.gov.au



Family &
Community
Services