

**PERSONAL DETAILS**

TITLE \_\_\_\_ FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_ M / F  
D.O.B \_\_\_\_/\_\_\_\_/\_\_\_\_ CONTACT DETAILS: (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_  
(MOBILE) \_\_\_\_\_ EMAIL \_\_\_\_\_  
POSTAL ADDRESS \_\_\_\_\_  
SUBURB \_\_\_\_\_ P/ CODE \_\_\_\_\_  
USQ Department/ Faculty \_\_\_\_\_

**USQ Fraser Coast Fit & Well Corporate Health Program Options.**

**Option 1**

You may take advantage of the following tests and emails at no cost. (Membership is to be renewed 12 mthly)

- Health and Fitness Assessments twice a year
- Regular fitness class
- A variety of health and specialty seminars
- Regular health newsletters

Yes, I would like to take part in the health and fitness testing, special classes, seminars and receive regular emails.

**Option 2**

Includes all benefits of Option 1 as well as a \$100 rebate for a gym membership at the gym of your choice.

- Join a fitness centre of your choice and receive a subsidy of up to \$100 for a six month membership. The rebate can be claimed on any Gym Membership and can be claimed each 6 months. (A receipt for membership must be forwarded to the Kylie Haywood c/- USQ Student Guild, Toowoomba Campus.)

Yes, I would like claim the Gym Membership Rebate. I have enclosed a receipt or statement from my gym.

Bank Account Details: BSB \_\_\_\_\_ Acc \_\_\_\_\_

**Option 3 (also available with Options 1 and 2)**

Join Fraser Coast's Weight Watchers at Work Program

- Weight Watchers at Work runs an on campus meeting for USQ Staff. Meetings are held weekly and the cost is \$135 for 13 weeks. Please see Kelly Ralston for more details.

Yes, I would like to join the Weight Watchers at Work program. Payment to be made to Kelly Ralston @ the Student Guild.

# TERMS & CONDITIONS

I acknowledge that:

Initials

- If I believe there is a risk to my health by participating in the activities of the Fit & Well program, I must inform the staff in writing about the risk..... [ ]
- I may be required to produce a Doctors clearance letter if any medical conditions I have could be adversely affected by exercise..... [ ]
- During all times whilst participating in the Fit & Well program and associated activities, that both my own property and my own person shall be at my own risk. I hereby certify that I have voluntarily elected to participate in the Fit & Well program, and do not hold the USQ, The USQ Student Guild, or the people involved in the program, responsible for, and indemnify them from, any personal injury, loss or damage, which may occur as a result of my participation in the program..... [ ]
- Information collected during the assessments will made be accessible to The USQ Student Guild, USQ Student Services, and USQ Safe. Statistics gathered from the USQ Fit & Well Corporate Health program may be used, anonymously, in reports to parties outside of USQ..... [ ]

SIGNATURE: \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

## OFFICE USE ONLY

### MEMBERSHIP

Membership Type      FITWELFC      FC GYM REBATE      FC WWATCHERS

Start Date: \_\_\_/\_\_\_/\_\_\_      Expiry Date: \_\_\_/\_\_\_/\_\_\_

### DATA ENTRY

Member Details Entered [ ]      Initials \_\_\_\_\_      Date \_\_\_/\_\_\_/\_\_\_

Gym Rebate Processed [ ]      initials \_\_\_\_\_      Date \_\_\_/\_\_\_/\_\_\_

### NOTES