



CountUSin

Creating Healthy Communities Together

A low cost physical activity and healthy eating program for City of Belmont residents

CountUSin is a 10-week wellness program which includes:

A heavily discounted 3 month all inclusive membership at the **Belmont Oasis Leisure Centre for the low cost of \$11.10 per week.** Facilities include health club, group fitness classes, swimming pool, sauna and spa.



Participants will be connected with a Personal Trainer as their Mentor!



Circuit classes twice a week at the **Belmont Oasis Leisure Centre.**



An outdoor or community based exercise session will be organised once a fortnight.



A fortnightly cooking program presented by a qualified food educator where you will get to cook, eat and learn how to read food labels, manage a food budget and prepare healthy food.



WHO can join?

City of Belmont residents aged 18 and over who are not working full time and have one or more lifestyle health concerns.

HOW can I join?

Step 1 – Contact the Healthy Communities Officer to see if you are eligible on 9477 7438 or email CountUSin@belmont.wa.gov.au

Step 2 – A booking for an initial assessment with your program Mentor will be arranged.

Step 3 – You will be asked to join a 10-week program, including exercise groups, mentor support, cooking and education sessions.

Step 4 – Work hard, have fun and see the results!

