



# CountUSin

**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 gym membership at the Belmont Oasis Leisure Centre.** 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 [Healthy.Communities@belmont.wa.gov.au](mailto:Healthy.Communities@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!



City of  
**Belmont**