

Lift for Life®



Trainer Registration Form

LIFTFORLIFE®
exercise made easy

Trainer Details

Name:		
Position/Job Role:		
Employer/Business Name:		
Professional Registration Body:		
<input type="checkbox"/> Fitness Australia	<input type="checkbox"/> ESSA	<input type="checkbox"/> APA
<input type="checkbox"/> Other		
If 'other' please specify:		
Registration Number:		
Postal Address:		
City:	State:	Postcode:
In which Local Government Area do you provide fitness services?		
Have you applied for/are you intending on applying for a subsidised training position? <input type="checkbox"/> Yes <input type="checkbox"/> No		
<i>Please note: Only exercise professionals in Healthy Communities Initiative funded local government areas are eligible for subsidised training places.</i>		
Telephone:	Mobile:	
Fax:	Email:	
Qualifications:		
Outline amount and type of work experience:		
Preferred training date:		
Preferred training location:		
How did you hear about the Lift for Life® program?		
Signed (trainee):		

Completed forms can be faxed to: (02) 8338 3033. For more information about completing this form please contact the Lift for Life® Program Coordinator on: **1300 211 311** or Samantha.Raheb@fitness.org.au or visit the Lift for Life® website at www.liftforlife.com.au



Lift for Life® is supported by funding from the Australian Government.

Training Fees

Fitness Australia Registered Trainer Fees

\$550 including GST per trainer

\$440 including GST per trainer thereafter

*More than three trainers please contact us for details

Non Fitness Australia Registered Trainer Fees

\$660 including GST per trainer

\$550 including GST per trainer thereafter

Training is free for registrants who will have applied for and received approval for a funded training position and will be delivering Lift for Life® in one of the COAG Healthy Communities Initiative Local Government Areas.

Training in these LGAs is funded by the Australian Government, Department of Health & Ageing, through the National Partnership Agreement on Preventative Health. Please contact the Lift for Life® Program Coordinator on 1300 211 311 if you would like more information or download the Training Subsidy Application from the Lift for Life® website

www.liffforlife.com.au/subsidised_training/

Payment Details (a tax invoice will be issued upon receipt of payment)

Payment Amount:	
Cheque: Please make payable to Fitness Australia Ltd.	
Credit Card for annual payment: <input type="checkbox"/> Visa <input type="checkbox"/> Bankcard <input type="checkbox"/> Mastercard	
Card Number:	Expiry:
Cardholder's Name:	Cardholder's Signature:

Trainer Details

For up an up to date listing of available training dates and locations please visit the Lift for Life® website and view our Events Calendar and Training Schedule: www.liffforlife.com.au/training_schedule/

Registrations for all Lift for Life® workshops close **5 business days prior** to the first date of training. Those wishing to register after this date please contact the Lift for Life® Program Coordinator on 1300 211 311.

Lift for Life® Training Course Overview

The Lift for life® training is:

- provided by an Exercise Physiologist
- delivered in small groups over two days
- is made up of both theoretical and practical components
- involves a compulsory written component
- requires participants to work through a pre-training DVD prior to the face-to-face workshops
- accredited for 15 CECs by Fitness Australia
- is made up of ten modules
 - the Lift for Life® Market
 - common Chronic Disease Conditions
 - diabetes Explained
 - current Resistance Training Research
 - strength Training Guidelines
 - the Lift for Life Program
 - approval, Assessment & Prescription
 - client's Safety & First Aid
 - introduction to Motivational Interviewing

Lift for Life® Delivery

The Lift for Life® program may only be conducted by Accredited Trainers. To become an Accredited Lift for Life® Trainer, Exercise Professionals must meet the following criteria:

- a) Hold Certificate IV in Fitness (Personal Trainer), AND have a minimum of two years work experience
OR be an Accredited Exercise Physiologist
OR be a Physiotherapist

AND

- b) Hold a current Senior First Aid Certificate
- c) Hold a current industry professional registration
- d) Hold current professional indemnity insurance
- e) Successfully complete the Lift for Life® Trainer's Accreditation Course
- f) Be employed at an accredited Lift for Life® provider facility or licence your facility to deliver Lift for Life®

Exceptions to the qualification requirements may be made in areas that are identified to have extreme workforce shortages. This will be assessed on a case-by-case basis. For more information contact the Lift for Life® Program Manager, David Menzies at david.menzies@fitness.org.au or 03 9926 5104.