



## Frequently Asked Questions

### Fitness Australia's Lift for Life® Start-up Grant

#### **Who is eligible to apply for funding under the Start-up Grant initiative?**

A business providing fitness services in Australia. The fitness business must be providing services in a COAG Healthy Communities Initiative funded area.

It's preferable that the business is already working with people at risk of chronic disease and or those experiencing disadvantage. It's also desirable if the business has existing links with local community based organisations such as charities or other allied health professionals.

A large percentage of Healthy Communities Initiative funded areas are rural or remote, so fitness businesses in these communities experiencing socioeconomic disadvantage are encouraged to apply.

#### **How will the submission be evaluated and what criteria will be looked at most favourably?**

Each submission will be evaluated based on the set criteria in the Grant application in descending order of most to least important. However if there are no existing relationships the business will need to demonstrate the intent to build relationships for the benefit of the program and its participants or show evidence of a proposed relationship through a letter of support for example

The cost of participating in physical activity programs has been identified as major barrier for people from disadvantaged communities. As such, applicants who demonstrate a commitment to delivering the program at low cost will be considered favourably.

#### **Can the funding be used for existing Healthy Communities funded Lift for Life® programs where funding has run out?**

No. Fitness businesses that are already running the Lift for Life® program with financial support from their Local Government cannot apply for Start-up Grant funding. The start-up grants are for phase 2 and 3 LGAs that have not nominated Lift for Life as a National Program Grant

#### **Does Lift for Life® have to be delivered in a Gym setting?**

No, Lift for Life doesn't have to be delivered in a Gym setting, but the provider does have to have suitable equipment that allows the delivery of a progressive resistance training program and sufficient resources to provide a group program for up to 9 participants.



## **Is there a minimum qualification required to undertake training and be accredited as a Lift for Life® Trainer?**

Yes, to become an Accredited Lift for Life Trainer you must have a minimum Certificate IV in Fitness qualification and be a Fitness Australia Level 2 Registered Exercise Professional.

In regions experiencing workforce shortages the Lift for Life® program can be run by Aboriginal Health Workers, Health Promotion Officers and Certificate III trained exercise professionals under the guidance of more experienced exercise professionals. We call this our Community Facilitator model of implementation. For more information about this please contact us.

## **How many trainers are required for program delivery?**

The minimum number of Lift for Life Accredited Trainers required per program delivery is one, however to increase the sustainability of the program it is beneficial to have two or more Accredited Lift for Life Trainers per provider. This means that the program does not have to be interrupted when a trainer is away from work sick or on holidays.

## **What monitoring and evaluation tasks are required?**

Successful applicants are required to complete a series of evaluations including;

- Upload to an online web portal all participant data at commencement of the program and at the end of each phase
- Distribute, collect and return to Fitness Australia of Participant Satisfaction Surveys at the end of the Bronze and Gold Phases of the program
- Complete a one page qualitative and financial report at completion of the Gold Phase of program implementation (templates will be provided)

## **What sort of support can be expected from Fitness Australia's Lift for Life® team?**

Fitness Australia's Lift for Life team will help your business promote through marketing and the media, through local community connections including charitable organisations, General Practice and other health professionals, will provide brochures and other materials for participants and external health professionals.

Fitness Australia's Lift for Life Team will assist your business in the promotion of your program through local media, as well as assistance establishing local community connections, including local charitable organisations. The Lift for Life team can also assist in the establishment of relationships and referral pathways with General Practice and other health professionals. Furthermore each Lift for Life provider receives a 'Provider Pack' that contains brochures and other materials for the promotion of your program.



THE HEALTH & FITNESS INDUSTRY ASSOCIATION

**If my Start-Up Grant application is successful, will my Local Government Area also support my program?**

The decision to support your program even though you have received Fitness Australia's Grant will be up to each particular Council. Your Council may still choose to assist your program in other aspects such as making the cost to participants even lower or using the funds to run additional programs.

**When will I know if my application is successful? And how will I be notified?**

You will be advised if your application is successful as soon as the assessment process is complete. This will be dependent on the number of applications received.

