

## Train the Trainer Expressions of Interest

We are seeking expressions of interest to optimise the reach of Exercise Physiology services, by partnering and supporting existing community services through training, resources, and education, thereby reducing the burden of lifestyle disease by increasing and normalising access to movement based services.

We aim to leverage existing partnerships, services, and groups to distribute exercise related education, and support its integration into your already established service.

Some examples, but not limited to:

- Inservice by Exercise Physiologist on Exercise is Medicine including access to general resources
- Training of Group Champions in exercises to integrate into weekly group programs eg. Stretches for Yarning Groups, with specific community created resources
- Access to Exercise Physiology created resources including guided exercise sessions
- Exercise related resource development with Community eg. How to use gym equipment

Ideal for groups such as: Yarning Groups, Sporting Teams, Aged Care Facilities, Mental Health Group or Services, Youth Groups

### **Criteria:**

1. Community Request: Community and participants have been consulted and wanting exercise support
2. A leader or facilitator to support ongoing implementation and drive involvement

*Please be aware It may not always be possible to support your request. If possible, we will be in contact to discuss how Exercise Physiology support can be best tailored to meet the community needs.*

Name _____	Position _____
Organisation _____	Community _____
Phone (landline) _____	Mobile _____
Email _____	Alternative contact person _____

**Please provide a brief description of the type of support you are requesting.**

I, (name) \_\_\_\_\_ request the support of Boab Health Services and agree that our organisations will work in partnership to plan, promote and facilitate the above-mentioned health promotion activity.

**Signed** \_\_\_\_\_

Send completed request forms to your Boab Health Services contact or [reception@boabhealth.com.au](mailto:reception@boabhealth.com.au). A Boab Health Representative will be in contact with our response. Please allow up to 3 weeks.