

Lifewell ‘Fit for Life’ Project

LifeWell has been established to enable people to Live Life Well.

LifeWell adopts a wholistic approach – recognizing the dynamic relationship between the Physical, Emotional, Relational and Spiritual realms.

While LifeWell seeks to serve all persons in the target area, – a particular focus is towards those who are economically and socially disadvantaged. A subsidy process ensures access to LifeWell by all.

The next phase of LifeWell service development is to establish a **‘Fit for Life’** program which integrates with the range of existing LifeWell services, and reflects the ethos and purposes of the LifeWell centre.

The Scope for service development

- **Service Design - ‘Fit for Life’**

1. **Identify** a general range fitness programs / activities appropriate for provision as a LifeWell **‘Fit for Life’** service.

- 👍 **Design** delivery models including costing for facility preparation, equipment, and qualified instruction. Where possible develop interest and procure support from professional fitness agencies for resourcing / equipment.

2. **Identify** fitness components which respond to the special needs of LifeWell service areas / client groups.

- 👍 **Design** appropriate delivery modes / modules for these areas

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- **Service Implementation – ‘Fit for Life’**

- 👍 **Pilot ‘Fit for Life’ services and implement by September 08**

- 👍 **Oversee service marketing, delivery standards, and evaluation**

and building of consumer participation. 