

Southern NSW LHD: Introduction of Fitness Passport

Dear Member,

Please see attached information regarding the introduction of a Fitness Passport for members employed in SNSWLHD.

HSU recommends that members participate and provided feedback to the links on the attached documentation

In unity,



Gerard Hayes
Secretary, HSU NSW/ACT/QLD



SNSWLHD Ref: SDOC18/10503

TO ALL STAFF AND GOVERNING BOARD

SUBJECT Fitness Passport for SNSWLHD

Good Afternoon

I am writing with some exciting news for our staff as we turn our minds to New Years' Resolutions. Many staff have expressed interest in Fitness Passport and we are now preparing to bring you this service in 2019.

What is Fitness Passport?

[Fitness Passport](#) is a corporate health and fitness program for staff members and their families that allows access to a wide range of local health and fitness providers. Fitness Passport has been in operation for over 10 years and currently works with over 300 government agencies across Australia and has agreements in place with over 800 gyms and pools.

The purpose of Fitness Passport is to inspire a greater number of people to start regular exercise by delivering a service that represents excellent value and provides plenty of variety, with single memberships from \$12-\$14 per week and family memberships from \$18-\$22 per week.

What do you need to do?

In order to get the most out of Fitness Passport you can assist by [clicking here](#) to complete the survey by Wednesday 16 January 2019, which includes nominating preferred fitness facilities in your area.

Fitness Passport members have access to any or all of the facilities on the program covered by their membership across Australia. Once this survey is received by Fitness Passport further communication will be provided about next steps.

Thank you for your feedback and interest in this great program, SNSWLHD look forward to working together towards a healthy 2019!

Yours Sincerely

Andrew Newton
Chief Executive

20 December 2018

FITNESS PASSPORT AT A GLANCE

Answer the survey now to nominate your favourite gyms and pools!

- **Southern NSW Local Health District** staff - this is the first step into setting up your Fitness Passport program. Fill in all necessary information by clicking this survey link surveymonkey.com/r/sn-lhd
- This survey will run until **Wednesday 16th January, 2019**.
- The survey let's us know how many employees are interested in the Fitness Passport program and what facilities will be included.
- It's your program so have your say today! Answer the survey now!
- For more details please contact your Fitness Passport facilitator at SNSWLHD-FitnessPassport@health.nsw.gov.au



**TAKE THE SURVEY NOW AND
NOMINATE YOUR FAVOURITE
FITNESS FACILITIES**

fitnesspassport.com.au
or contact your Fitness Passport facilitator



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