

### **Do you have ...**

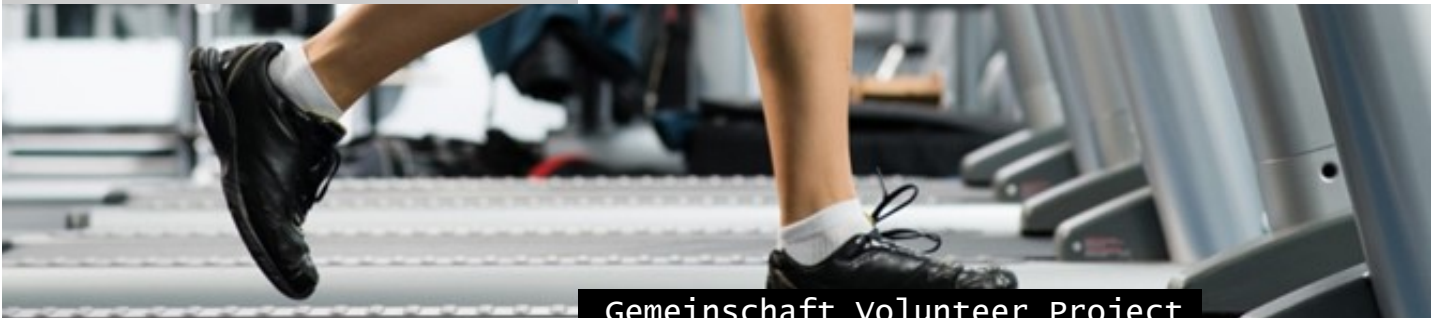
- A strong commitment to supporting the participation of people with a disability in active recreation?
- A commitment to working within job description?

### **Can you.....**

- obtain a Police Clearance?
- abide by a Code of Conduct?

## ***'Supporting Healthy Living'***

**Barossa Enterprises Community Gym & Fitness program encourages people with a disability to become more active. Program activities focus on improving fitness, strength, mobility, flexibility, and weight loss.**



**Gemeinschaft Volunteer Project**

# **Community Gym & Fitness**

## **Want to learn more?**

***Register your***

***interest with***

***Catherine on***

***Ph 8562 4855***

*The Department for Communities and Social Inclusion has contributed funds towards this Project.*

**As a Barossa Enterprises volunteer you can play an important role in helping in encouraging people with a disability achieve greater participation in fitness activities. You will have access to training and mentoring opportunities to ensure you have the confidence and necessary skill to provide support.**

- *Support and mentor participants through their gym induction*
- *Support participants to follow their individualised programs correctly*
- *Collect gym fees and write receipts*
- *Assist with gym equipment cleaning and maintenance*
- *Lead warm up/cool down stretching*
- *Provide motivation, encouragement and sense of fun!*

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## **Barossa Enterprises Gemeinschaft Volunteer Project**

**Gemeinschaft** – is a literal translation for ‘community’ in German. It describes a community united by common interests, personal or family ties. It’s a term which describes those old fashioned, often rural close knit communities where everyone works together to support each other in business and daily life. In a positive sense, each person’s business is everyone’s business, so the community works together to support a successful outcome.