Become a Live Life Longer ‘Legend’

Would you like to be a member of an ‘exclusive’ club? We are looking for representatives from around the University who are, or would like to be, more proactive about their health. There will be some great benefits to you as a member of ECU’s staff health & wellness program ‘Live Life Longer’.

- Be one of the first to know about new activities and info sessions
- Receive a monthly health & wellbeing e-newsletter
- Opportunity to win some great prizes

All that you need to do is help spread the word about the wellness activities and encourage colleagues to take part. It can be as easy as sending an email and taking part in a few activities. **This is open to all staff.**

All ‘legends’ will receive a highlighter man, pictured right **while stocks last.**

Simply fill in the details below and return to: Fiona Peters, Wellness Coordinator, HR Department either by internal mail or by email f.peters@ecu.edu.au

**NAME:** ____________________________________________________________

**POSITION:** _________________________________________________________

**EMAIL:** ____________________________________________________________

**TELEPHONE:** _________________________________________________________

**LOCATION:** _________________________________________________________

**FACULTY/CENTRE:** ________________________________________________

**CAMPUS:**  
- ☐ Joondalup  
- ☐ Mount Lawley  
- ☐ South West

**GENERAL STAFF or ACADEMIC?** ________________________________________

Please continue overleaf
Are you a member of ECU Sports?  ○  YES  ○  NO

What time best suits you to attend the staff wellness program?
   ○  Before work (am)  ○  During lunch  ○  During work hours  ○  After work (pm)

Please tick your age group
   ○  Under 20  ○  21-30  ○  31-40  ○  41-50  ○  51-60  ○  60+

Have you taken part in the program?  ○  YES  ○  NO
Did you enjoy it?  ○  YES  ○  NO
If not please let me know why?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Any comments or suggestions that would help us improve our staff health and wellness program?

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____________________________________________________________________
____________________________________________________________________

Find out more about Live Life Longer at:  [www.ecu.edu.au/hr/wellness](http://www.ecu.edu.au/hr/wellness)  or contact Fiona Peters, Wellness Coordinator on 08 6304 2040.