



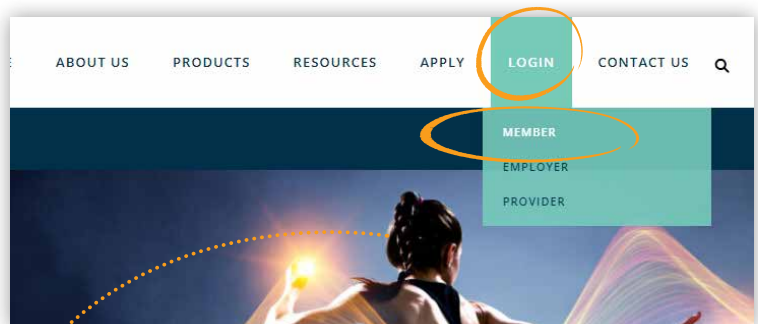
# ONLINE WELLNESS CLUB

## INFORMATION PACK

Where can I find the content for the current CAMAF's Online Wellness Club cycle?

The official CAMAF's Online Wellness Club has been moved to the member-only section of the CAMAF website.

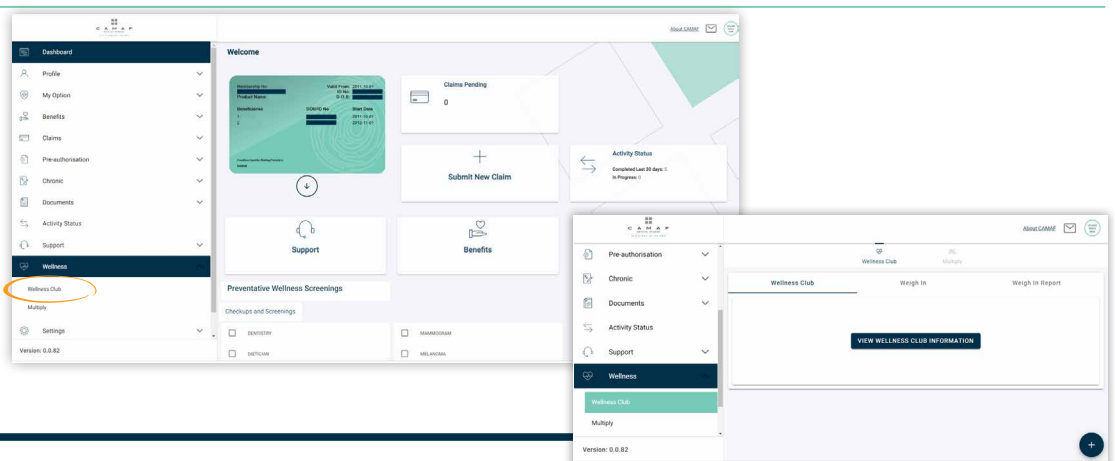
The member-only section can be found by going to the main CAMAF [website](#), then navigating to the LOGIN/Member (Existing Members Only) item found on the main menu:



Registered members can use their credentials created during the registration process to login:

Members that have not registered before, will first have to complete the registration process, before being allowed to login. The registration process can be started by clicking on the REGISTER / FORGOT PASSWORD link found in the top-right part of the window:

Upon successfully logging in, the Online Wellness Club pages can be accessed by navigating to Wellness / Wellness Club:



## Do I need to register for CAMAF's Online Wellness Club?

All CAMAF members that have not registered, will have to register for CAMAF's Online Wellness Club.

**PLEASE NOTE** that the process to register for the member-only section above, is different to the process to register for CAMAF's Online Wellness Club.

## If I registered for CAMAF's Online Wellness Club during the first two cycles, will I have to register again?

No, all members that registered during cycle 1 and 2, will automatically be registered for cycle 3. Members that have not registered for the Online Wellness Club before, will first have to register to be able to access the content.

## How do I register for CAMAF's Online Wellness Club?

Login to the member-only section of the website, then navigate to **Wellness Club / Wellness Club**. The website will automatically check if the logged in member has registered for CAMAF's Online Wellness Club. Unregistered members will be redirected to the registration page.

### WELLNESS CLUB MEMBER REGISTRATION

Please verify your personal details, then carefully read through and answer the questions that follow:

| Personal Information |  |
|----------------------|--|
| Member:              |  |
| Member Number:       |  |
| ID Number:           |  |
| Date Of Birth:       |  |
| E-mail Address:      |  |
| Mobile Number:       |  |
| Gender:              |  |

| Indemnity                                                                                                                                                                                                            |                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Have you ever been advised by your physician to not exercise?                                                                                                                                                        | Select answer                                                                                   |
| What is your main goal?                                                                                                                                                                                              | Select answer                                                                                   |
| I understand that this service does not replace normal medical care.                                                                                                                                                 | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I hereby indemnify CAMAF, its subsidiaries or affiliates, coaches, dieticians and biokineticists harmless in this wellness program I've chosen to enroll in from any and all claims, demands and or personal injury. | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I understand that if there are any concerns or reasons why you should not be exercising, I will seek medical                                                                                                         | <input type="checkbox"/> Yes, I understand and agree                                            |

## What can I see on CAMAF's Online Wellness Club pages?

**You will be able to see all the content for the current cycle. This includes exercise videos, exercise programs, meal plans, recipes, webinars and workshops.**

Not only will you be able to register for your favourite events, but you will also be able to view all the past events, allowing you to catch up on the ones you weren't able to attend, or watch them again and again.

|                |  |
|----------------|--|
| Mobile Number: |  |
| Gender:        |  |

| Indemnity                                                                                                                                                                                                            |                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Have you ever been advised by your physician to not exercise?                                                                                                                                                        | Select answer                                                                                   |
| What is your main goal?                                                                                                                                                                                              | Select answer                                                                                   |
| I understand that this service does not replace normal medical care.                                                                                                                                                 | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I hereby indemnify CAMAF, its subsidiaries or affiliates, coaches, dieticians and biokineticists harmless in this wellness program I've chosen to enroll in from any and all claims, demands and or personal injury. | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I understand that if there are any concerns or reasons why you should not be exercising, I will seek medical advise or clearance from your nearest health professional.                                              | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I understand that this service includes the sharing of certain personal information with coaches, fellow participants and website users, and I consent to this sharing.                                              | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I understand that this service does not promise or guarantee results, but I am committed to making positive choices & changes.                                                                                       | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I know that I could enrol into a WhatsApp support group together with the other participants and I consent to this.                                                                                                  | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |
| I understand that the full indemnity and waiver clause and agreement is available on the CAMAF website and that a website link will be provided to me upon successful registration on the wellness program.          | <input type="checkbox"/> Yes, I understand and agree<br><input type="checkbox"/> No, I disagree |

**Register**

**The member's details will be displayed at the top of the page, followed by a few required questions. Once all the questions have been answered, click the Register button at the bottom of the page.**

Upon successful registration, you will be redirected to CAMAF's Online Wellness Club content page.

Promotion Rules Indemnity Club Guidelines

Current Cycle

Welcome

- Exercise Videos
- Exercise Programs
- Meal Plans
- Recipes
- Webinars
- Weigh-in and Recap Videos
- Contact

CREATE A NEW HEALTHIER YOU

Welcome to CAMAF Online Wellness Club!

Owing to the many diseases which can be attributed to poor lifestyles and eating habits, the healthy lifestyle concept continues to be a global trend. CAMAF is always looking for ways to support and encourage its members to live a healthier and balanced life.

What does the CAMAF Wellness Club entail?

This online health and wellness solution offers information and practical tools to equip you with the resources, knowledge and motivation to live a healthier, more productive life.