



Curtin University

SPORT AND RECREATION



DOWNLOAD THE mywellness APP

Get more out of your fitness at Curtin Stadium

STEPS:

1. Download the **mywellness** (MW) app for free on your smartphone or android from the App Store or Google Play www.mywellness.com
2. Create a new mywellness account and bring Wellness into your lifestyle everywhere and anytime. Keep track of your improvements and get support from experts.
3. Launch app and create a log in.
Please note that the app will not be fully active until either of the following steps have been completed;
 - a. Direct activation via the dedicated kiosk at Curtin Stadium (this step may also be completed before downloading the app) or,
 - b. Web based activation via Curtin Staff.

IMPROVE YOUR LIFESTYLE

Keep healthy, active and accountable with the mywellness app and challenge yourself and others in the Curtin Stadium community.

TRACK YOUR MOVEMENT

Link other tracking apps and wearables and discover how your daily activities keep you fit and healthy by tracking everything you do, wherever you go.

CUSTOMISE YOUR FITNESS

Get moving and see how you went! Add exercises and change up your program to increase your performance.

TRAINING SUPPORT

Check your personal training tips from our expert fitness staff from home or on the go!

PROGRAM IN YOUR POCKET

Access your personalised fitness program with instructional videos wherever you are.

DON'T MISS A SESSION

Enjoy the convenience of accessing Group Fitness classes timetables, bookings and updates.



Curtin Stadium



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Make tomorrow better.

stadium.curtin.edu.au