



**good boost**

**Move More. Have Fun. Feel Better.**

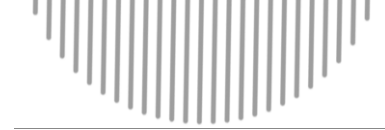
# OVERVIEW: GOOD BOOST

- ▶ Good Boost is a multi-award winning social enterprise delivering personalised exercise programmes, with a focus on people living with musculoskeletal (MSK) conditions
- ▶ Programmes are designed for, **aqua rehab**, **aqua fitness aqua-natal** & **land** exercise, enabling any leisure venue and swimming pool to support diverse populations to be more active
- ▶ Exercise in water has inherent therapeutic properties and Good Boost technology makes sure everyone can benefit from aquatic activity to maximise their health & wellbeing by **moving more, having fun and feeling better**



# GATHERING ATTENDANCE DETAILS FOR CSSC

You can gather attendance details of Good Boost sessions in three ways:



## Class Booking Confirmation

Most Leisure centres, pools and gyms have an online or app based class booking system. When you book a class, you will receive an email confirmation or the app/member portal will have a list of classes you have attended.

You can share the list of Good Boost classes booked/attended as your evidence



## Class Payment Receipts

Gather class booking/payment receipts to send an photo evidence of attendance.

Your venues booking system may offer email receipts, which can also be used as evidence.



## Exporting Good Boost sessions from App

You can export your Good Boost class attendance from the Good Boost app

Or, you can request Good Boost to export your session data for you and email direct to your Good Boost account email address.

# WE LOVE TO TALK.



Contact us on:



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[www.goodboost.ai](http://www.goodboost.ai)



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