

# What happens if I join SAMBA?



## STEP 1: Check you are able to take part

Answer a few questions in an online survey

Takes about 15 minutes

## STEP 2: Come to an intro session at a local community centre

- Fill in a survey
- We will measure you & your child's height, weight, & waist.
- Be fitted for an activity monitor that you & your child will wear for 8 days.

Takes about 1 hour

## STEP 3: Groups

You'll be assigned, by chance, to either:

**GROUP 1**  
Start soon

OR

**GROUP 2**  
Start in 3 months



## STEP 4: Take part

Attend one session per week with your child, for 10 weeks. Each session will include:

- Information to help you to become more active.
- Fun activities (e.g., dance), led by female instructors

Each session is about 90 minutes

## STEP 5: Let us check your progress

Come back to the community center, so we can measure you & your child's progress.

- We will check your progress after you take part, & again 3 months later.
- If you are in group 2, we will also measure you again before you start SAMBA

Each visit takes about 1 hour

This research is being conducted by researchers at Curtin University & is supported by the Western Australian Health Promotion Foundation.



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