



Movement Matters

Leading the way in exercise for mature adults.

Exercise Posters

1. Graded exercise charts: Sitting; Chair assisted; Standing
Lewisham Sports Medicine Clinic
2. Falls poster – at home
Major pharmaceutical company

Booklets

“Health is Wealth” - Lewisham Sports Medicine Clinic
;“Staying Active – Staying Safe Northern Sydney Health
“Mind your Back” Movement Matters
“Safe, Active and Able” Movement Matters
Functional Fitness and Movement Matters Movement Matters
Strong, Straight and Stable Movement Matters
Vitality, strength and conditioning Movement Matters

Manuals and Reports

“Falls and Fractures – Beating the Odds” Arthritis Foundation
Be active – Stay Strong Northern Sydney Health
“Staying Active – Staying Strong” Participant and Leader manuals Northern Sydney Health
NAGE Gentle exercise introductory course Fitness Industry
NAGE Gentle exercise certificate course Fitness Industry
Volunteer Community leaders manual Movement Matters

Tapes /Videos

“Staying Active – Staying Safe” – audio, tape and video Northern Sydney Health
“Basic steps” – PPT, DVD voice over Northern Sydney Health

Other resources;

2014 exercise / health calendar – “Make 10- Take 10” Movement Matters

Work in progress;

A series of charts / resources of graded exercises relating to...;
Falls prevention and balance b) Back care c) Use of equipment;
Exercise programs and workshops developed over the years for...
Organisations, allied health and fitness leader training

- 10 week gentle exercise for older adults
- Progressive strength training program in the community;
- Falls prevention in retirement villages and community
- Health promotion package on depression awareness/activity;
- Fit to Function – training of volunteers on basic exercises
- Maintaining movement- land and water – arthritis and osteoporosis;
- Balls, backs and balance – falls prevention;
- Staying in control- incontinence
- Actions and Reactions- reaction time with falls prevention;
- Building on the basics – group exercise;
- Recharging the batteries – cognition and falls prevention;
- Stimulating the senses- cognition and falls prevention;
- Changing bases – balance and bases of support;
- Stronger Bones and Straighter Backs – osteoporosis and back care;
- Feet, Falls and Function;
- Falls issues in Residential care
- Active, Fit and Functioning well- exercise for the older adult;
- Basic steps – falls prevention in retirement villages (Northern Sydney Health)

Community Exercise programs

- Staying Active Staying Strong(Northern Sydney Health promotion)
- Upright and active(Northern Sydney Health promotion)
- Functional fitness and Movement Matters – general fitness
- Functional fitness for seniors – falls
- “Fallproof”- graded exercises to reduce falls risk
- Strong, Straight and Stable- back care;
- Move it – Don’t lose it- falls and frail aged;
- Vitality, strength and conditioning – active older adults in residential care;
- 8 week exercise for older adults at risk of falls;