



## **Movement Matters**

Leading the way in exercise for mature adults.

### Training and workshop packages - On request / demand

#### Residential care

1. General staff - Falls prevention overview
2. Activity officers - Falls prevention exercise application issues;

#### Allied health and fitness leaders;

1. Falls prevention exercise application issues- various topics covered- e.g. Actions and Reactions; Changing bases; Feet falls and function;
2. Exercise for the older adult - "Building on the Basics" - Active Fit and Functioning Well etc.;

#### Community workshops and talks;

1. Falls prevention a) general overview b) exercise issues c) pedestrian safety etc.
2. Exercise for the older adult - "Functional fitness" a) the benefits b) know how c) strength training etc.;
3. Back care - "Strong, Safe and Stable"
4. Chronic condition management issues e.g. a) osteoporosis b) arthritis;

#### Post qualification training courses

1. 2 week course in Prosthetics (Uni. N.S.W.)
2. Aqua fitness (Healthy lifestyle)
3. Gentle Exercise (Healthy lifestyle)
4. Fitness Leaders course (Fitness NSW);
5. Developing a Healthy Lifestyle in the Community (HMEC)
6. Community Educators Training (University of NSW)
7. Good age - Sensitive issues in Health Management for older People (HMEC)
8. Planning approaches to Health Education and Promotion (HMEC)
9. Relaxation and stress management (HMEC)
10. Motivation Ideas and Techniques (HMEC)
11. Feldenkrais Back Care and Training Programs (Cumberland College)
12. Train the Trainer (Deakin University)
13. Methods of undertaking Clinical Research (Cumberland College)
14. Osteoporosis and Osteoarthritis Training courses (Arthritis Foundation)
15. The Ageing Brain, Mind Mapping, The Brain and Behaviour (University of Sydney)
16. Depression in the Elderly (College of Nursing)
17. Cert4 assessor - involving training small groups/ train the trainer (NSW Health)
18. Fallproof - Basic and master training (California State University - USA)
19. HCA core training (Health coaching - part 1) (Health change Australia)