



Movement Matters[®]

Leading the way in exercise for mature adults.



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Exercise is for All Ages and Abilities

A person's capacity to exercise decreases with age but evidence is growing that appropriate amounts of regular activity throughout life lessens this decline. Inactivity, chronic disease or obesity can be the reason and cause for many people to lose abilities and independence, which is often seen as part of normal ageing.

With aging some signs begin to show such as:
Getting stiffer (joints and muscles); Becoming weaker (muscles and bones);
Being Less active and having less energy; Less able to react quickly and more prone to trips and slips; Postural changes as well as issues with mental capacity, so what can we do to keep functioning and remaining active and healthy for as long as possible?

Exercise can improve (or at least help maintain) Your Functional Abilities.

Don't Make Age An Excuse Everybody Needs to Move and Can still Exercise!

There's still Time. It's Never Too Late.
Every Little Bit Counts. Don't lose any more than can be helped.

Exercise can keep your Mobility and Energy levels as good as possible to keep you Strong and well Balanced.

Term 4 Dates 2019

October to December School Term

Please read the descriptions of each class level before enquiring about availability. You are welcome to attend more than one class a week if you wish!

Class information

If there are any concerns for specific health / fitness issues always seek appropriate information, advice and support from qualified medical, allied health and fitness professionals.

General Aerobic and Fitness Classes

Exercise is necessary for everybody. Fitness involves 3 major elements. Strength, Suppleness and Stamina. (Safety is paramount and number one priority). For a well rounded general exercise program all of these 3 elements need to be included. There are different levels of classes conducted dependent on ability and health state. The general physical activity programs are designed to provide appropriate exercises for individuals that involve the proper amount of physical activity to attain maximal benefits at lowest risk.

Balance

Falls and related injuries are a major issue which can be associated with aging and inactivity. Falls risk reduction....It's all about....Making sure People can control their Movements and Walk Safely in any Situation and any Environment. To reduce the risk of falls and injuries it involves developing the necessary physical skills to move in a safe, effective manner. This can be achieved by exercising the relevant body parts and muscles to stay strong, stable and in control at all times. This program is designed to improve function and balance to help people cope with activities throughout the day.

Basically Backs

Back pain is the single most common musculo-skeletal ailment with 80% of the population reporting a back problem sometime within their life. The body must be capable of adapting to the many activity demands put on it in daily life and we only realize how much our back works when something goes wrong. Changes can occur especially in the back. By undertaking regular, appropriate foundation exercises this can assist provide support for the back and maintain spinal movement to prevent some unnecessary issues.

The classes aim to enable the individual to remain physically active and move as independently as possible with safety and confidence. It also aims to prevent and or slow down any functional decline and achieve relevant and realistic mobility levels to maintain functional capacities.

Strength Training Classes

Staying Strong Throughout Life. *“Research is recognising the importance of maintaining muscle mass and strength to increase functional independence and decrease the prevalence of many age-associated chronic diseases.”*

Age is no barrier to the enhancement of muscle mass and function and improvements are comparable to that observed to young participants, who undertake progressive strength training exercises.

Keeping muscles strong are important in assisting overall functional abilities and balance by:

- a) improving muscle mass to maintain the potential of the muscle
- b) maintaining overall joint stability
- c) maintaining bone strength to prevent and reducing the potential problems associated with osteoporosis
- d) increasing overall stamina - daily activities can become easier to undertake

The strength training program is designed (using weights and resistance bands) to provide the appropriate exercises for individuals that involve the correct amount of strength training to attain maximal benefits at lowest risk.

“Strength training helps offset the loss in muscle mass and strength typically associated with normal aging.”

Monday Classes: 21 October to 16 December

Hunters Hill

Gladesville Road Community Centre
Hunters Hill

Type of class - Balance and strength combined class

When: 21 October to 16 December (9 week programme)
Time: 8:00am - 9:30am Balance and Strength (Combined class)
Cost: \$10 (including education / exercise resource material)

Note: Full payment for term on first day of program.
No refunds for none attendance or missed classes.

Bankstown

Regents Park

Type of class - General aerobic / fitness class

When: 21 October to 16 December (9 week programme)
Time: 10:30am - 12:00pm
Cost: \$10

Lindfield

Lindfield Senior Citizens Centre
259 Pacific Highway, Lindfield

Type of class - Balance and strength class

When: 21 October to 16 December (9 week programme)
Time: 2:00pm - 3:00pm
Contact: Robin Hall
Phone: 02 9424 0836
Booking through: Ku-ring-gai Council
No refunds for non-attendance or missed classes

NB. Carers MUST attend with their client. If you have any medical condition, it is your responsibility to inform your GP that you are participating in this exercise program. Please get medical clearance if you have a condition that needs to be monitored or may affect your participation in the class.

Monday Classes: 21 October to 16 December

Lane Cove

The Hub

1 Pottery Lane, Lane Cove

When: 21 October to 16 December (9 week programme)
Time: 3:30pm to 4:30 pm
Contact: Julie Faigen, Events Coordinator
Phone: 02 9427 6425
Email: jfaigen@sydneycs.org

Tuesday Classes: 22 October to 17 December

St Ives

**The Village Green Community Centre (behind shopping centre)
Village green parade / Memorial Ave, St Ives**

Type of class - General aerobic / fitness class

When: 22 October to 17 December (9 week programme)
Time: 8:30am - 9:30am
Contact: Len McPherson
Phone: 02 9488 5443 for enquiries or Anne Baikie 0414 428 528

Turrumurra

**Church of Christ Hall
Bobbin Head Road - Cnr. Allara Ave**

Type of class - Back class Basic Level (Beginners)

When: 22 October to 17 December (9 week programme)
Time: 10:00am - 11:00am
Contact: Robin Hall
Phone: 02 9424 0836
Booking through: Ku-ring-gai Council
No refunds for non-attendance or missed classes

N.B. This class is for those with back issues. You must be sufficiently mobile and physically able to do the exercises lying on the floor.

Lane Cove

**The Hub
1 Pottery Lane, Lane Cove**

When: 22 October to 17 December
Time: 11:45am to 12:45pm
Contact: Julie Faigen, Event Coordinator
Phone: 02 9427 6425
Email: jfaigen@sydneycs.org

Tuesday Classes: 22 October to 17 December

Willoughby

The Dougherty Centre. 7 Victor Street, Chatswood
Functional Fitness and Movement Matters

Type of class - Balance and strength class

When: 22 October to 17 December (9 week programme)
Time: 1:00pm - 2:00pm Basic then 1:30pm - 2:30pm Advanced
Cost: \$10 (including education / exercise resource material)

Note: Full payment for term on first day of program.
No refunds for none attendance or missed classes.

Wednesday Classes: 23 October to 18 December

Five Dock

Club Five Dock

66 Great North Road, Five Dock

Type of class - Back and Gentle aerobic / fitness class

When: 23 October to 18 December (9 week programme)

Time: 9:00am - 9:30am - Back class

9:30am - 10:30am - Gentle aerobic / fitness class

Phone: 02 9712 2055

Lane Cove

The Hub

1 Pottery Lane, Lane Cove

When: 23 October to 18 December

Time: 11.30am to 12:30pm

Contact: Julie Faigen, Event Coordinator

Phone: 02 9427 6425

Email: jfaigen@sydneycs.org

Gordon

Gordon Library - Meeting room 2

799 Pacific Highway, Gordon

Type of class - Balance and strength class

When: 23 October to 18 December (9 week programme)

Time: 1:30pm - 2:30pm

Contact: Robin Hall

Phone: 02 9424 0836

Booking through: Ku-ring-gai Council

No refunds for non-attendance or missed classes

NB. Carers MUST attend with their client. If you have any medical condition, it is your responsibility to inform your GP that you are participating in this exercise program. Please get medical clearance if you have a condition that needs to be monitored or may affect your participation in the class.

Thursday Classes: 24 October to 19 December

St Ives

**The Village Green Community Centre (behind shopping centre)
Village Green Parade / Memorial Ave, St Ives**

Type of class - Back Class Intermediate to Advanced Level

When: 24 October to 19 December (9 week programme)
Time: 8:00am - 9:00am
Contact: Len McPherson
Phone: 02 9488 5443 for enquiries or Anne Baikie 0414 428 528

East Lindfield

**East Lindfield Community Hall
9 Wellington Road (Crana Ave - side road), East Lindfield**

Type of class - General aerobic / fitness class

When: 24 October to 19 December (9 week programme)
Time: 9:45am - 10:45am
Contact: Anne Baikie
Phone: 0414 428 528

Boronia Park

Boronia Park Church

Type of class - Carers Group – General exercises

When: 24 October to 19 December (9 week programme)
Time: 12:00pm - 1:00pm
Contact: Rosemary Lui
Phone: 02 9817 0101

NB. Carers MUST attend with their client. If you have any medical condition, it is your responsibility to inform your GP that you are participating in this exercise program. Please get medical clearance if you have a condition that needs to be monitored or may affect your participation in the class.

Friday Classes: 25 October to 20 December

Five Dock

Five Dock Senior Citizens Centre

422 Lyons Road, Five Dock

Type of class - Back and Gentle aerobic / fitness class

When: 25 October to 20 December (8 week programme)

Time: 9:00am - 9:30am - Back class

9:30am - 10:30am - Gentle aerobic / fitness class

Hunters Hill

Gladesville Road Community Centre

Hunters Hill

Type of class - General aerobic / fitness class

When: 25 October to 20 December (8 week programme)

Time: 11:30am - 12:30pm

Cost: \$10 (including education / exercise resource material)

Note: Full payment for term on first day of program.

No refunds for none attendance or missed classes.



What our class participants say

Question: What do I get from Sally's class that is most useful?

Answer: Confidence that I am working on improving my musculo-skeletal system safely through excellent teaching.

Judy says: Not only do I enjoy your classes but also I admire the fact that you have professional physiotherapy training and we can really count on your direction to help us delay the aging process.

Gentleman, aged 71: I think exercise classes give important social contact. As well as exercising the body they allow us to stay in touch with the people and the world around us.

Vincie, aged 85: The more active I am, the better I feel.

Bargo, aged 76: As I have got older I have realised that I need to keep doing some type of exercise, that gives me flexibility and some strength. So I can do and enjoy other things in my life.

Joanne, aged 58: The classes are fun and I have met a lot of friendly nice people.