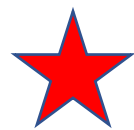




Movement Matters



Active Seniors Exercise Sessions



Movement Matters



Active Seniors Exercise Sessions

Are You Moving Well as You Would Like?

Movement Matters provides Exercise Programs Designed to Maintain Movement, Strength and Balance



Physical; Mental and Social Health and Fitness is important to maintain throughout life. Your body needs to be mobile, strong and have enough energy to function well on a daily basis.

The fitter you are, the more you will be able to manage all your activities easily

No Excuses

- ✓ *There's still Time*
- ✓ *Don't lose any more than can be helped*
- ✓ *Every Little Bit Counts*
- ✓ *Don't settle for the bare minimum.*

It is still possible to exercise and it is never too late to be better than you are today! Come and join in these fun, effective and safe exercise programs

NB Classes can accommodate the fit , less active and frail client..... your choice

Where and When:? For more information and bookings please contact

Sally Castell: 9816 3199 (leave a message) or email: sally@movementmatters.info

NB: This not an alternative to a rehabilitation program prescribed by an allied health professional. For your safety, any relevant information concerning treatment or any specific exercise that needs consideration in relation to a condition must be provided along with medical clearance





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Movement Matters

Mission Statement

To Maintain and Manage Meaningful Movement to Postpone, Protect, Preserve and Prevent unforeseeable declines in Physical and Mental abilities

Goals / directions

The overall goal of exercise in later life should involve the means to prevent and /or slow down functional decline and optimise physical and mental abilities.

Exercise programs should as much as is reasonably possible

- ✓ Involve relevant and realistic graded activity programs to enable the body move as much as possible with safety and confidence.
- ✓ Enable every person to maintain their health and well-being with the help of appropriate, tailored exercise programs.

Major interest, experience and focus

- ✓ The older adult - basic / general physiological changes and conditions
- ✓ *additional experience - In Arthritis / Osteoporosis / Sarcopenia / Falls Prevention++ / cognition ...associated depression
- ✓ * research - the planning and implementation of exercise programs on issues such as older adult community programming, falls prevention x 4 , depression and strength training.

Nb. Special skills and experience developed over the years in

General Orthopaedic and neurological conditions; Special Needs Groups; The Older Adult (fit to frail); Falls prevention issues; Strength training for older adults; NESB groups; Rehabilitation of a) Amputees b) Hand injuries c) General Orthopaedic and neurological conditions; Depression /and cognitive issues - Water programs ; Program planning; Health promotion and health education

Exercise programs

Basic, Simple, Safe, Sensible and Effective Exercises are provided to keep the Body Staying Active and Functioning Fully

“Movement Matters” provides basic and simple exercise programs suitable for mature adults seeking to manage and/or maintain their health and fitness levels. The programs have been designed as a starting point in the realm of exercise for the older adult. They are not an alternative to a rehabilitation program prescribed by an allied health professional but can complement and support the treatment provided.

If you are having treatment for any condition from your doctor and/or other health professional(s) they need to be informed of your attendance in the exercise program. Any issues you may have will need to be discussed and cleared with the practitioner.

For your safety and to enable the program be tailored to suit you (if required) any relevant information concerning treatment, or exercises that are contraindicated, needs to be provided prior to commencement of the program. Please seek clarification on any relevant issue(s) that may affect your participation in the class.

The programs aim:

- To provide basic but relevant background information concerning issues related to exercise for the less active and older adult
- To provide the basic safe movements that enable the body remain flexible, strong and well balanced to maintain good functional abilities and remain at optimal levels
- To encourage the maintenance and/or improvement of current fitness levels

“Don’t make age an excuse. Invest in your health. Explore your latent potential. Maintain good function. Age Matters Less, it is what You Can and Want to do that counts. Anything is possible...it is a matter of knowledge, time, attitude, aptitude and persistence. You can manage your health and Stay Active and Strong”

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 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 . With aging some signs begin to show such as

Getting stiffer (joints and muscles) ; Getting weaker (muscles and bones) ; Being Less active and have less energy; Less able to react quickly and more prone to trips and slips; Postural changes ; Issues with mental capacityso what can we do to keep functioning and remaining active and healthy for as long as possible?

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

General Information concerning

1.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.

2.Balance - Falls and related injuries are a major issue which can be associated with aging and inactivity.

“Falls risk reductionIt's all aboutMaking 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.

3. 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

4. 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”

Summary

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

Classes Are Ongoing Throughout the Year During School Terms

Where and When:?

Hunters Hill - Community centre – Gladesville Road

Monday: Strength and Balance 8:00 – 9:00

Bankstown – Yagoona Community centre

Monday: General class 10:30 – 11:30

St Ives – The village green community centre

Tuesday: General level 8:30 – 9:30

***Tuesday:** Focus on back care issues 10:00 – 11:00

Thursday: Focus on back care \ issues 8:00 – 9:00

Five Dock – Club Five Dock – Wednesdays - Great North Road

Wednesday: General level / focus on back care issues 9:00 – 10:15

Senior Citizens centre – Lyons Road

Friday: General level - focus on back care issues 9:00 – 10:00

Lindfield – Community Hall Lindfield

***Monday:** Balance specific 1:45 – 2:45

Lindfield – Community Centre East Lindfield

Thursday: General class 10:00 - 11:00

*Gordon - Library

Wednesday: Suitable for

Less active – Balance specific 1:30 - 2:30

Lane Cove -The Hub 1 Pottery Lane, Lane Cove,

Tuesday..... a) Suitable for Less active - Balance specific 12:00 – 1:00

b) General level with a Strength focus 1:15- 2:15

Wednesday

General level - with a Strength focus 11:30 – 12:30

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

For more information and bookings please contact

Sally Castell: 9816 3199 (please leave a message if the office is unattended)

email: sally@movementmatters.info

or contact Pip Bungener: 0435 990 476

For these classes *- enquiries and bookings through Ku ring gai Council

Contact person:

**Danielle Sutton • Aged Services Administration Officer (Mondays and Tuesdays) •
Ku-ring-gai Council**

P: 9424 0906 dsutton@kmc.nsw.gov.au • kmc.nsw.gov.au

**For Lane Cove classes - enquiries and bookings through Lane Cove Community
service Hub**

Contact person : Julie Faigen • Events Coordinator

p. 02 9427 6425

e. jfaigen@sydneycs.org w. www.sydneycs.org

a. 1 Pottery Lane, Lane Cove, NSW 2066

***NB: These classes are not an alternative to a rehabilitation program prescribed by
an allied health professional. For your safety, any relevant information concerning
treatment or any specific exercise that needs consideration in relation to a
condition must be provided along with medical clearance***

📌 Don't make age an excuse. Invest in your health.

📌 Explore your latent potential.

📌 Maintain good function.

**📌 Age Matters Less..... it is what You Can and Want to do that
counts!**

**📌 Anything is possible...it is a matter of knowledge, time,
attitude, aptitude and persistence.**

📌 You can manage your health and Stay Active and Strong



Safety first

Safety is number one priority

There are many variables as well as levels of fitness and health of people at the beginning of any exercise program. Everyone is an individual with different needs, abilities and expectations

Looking after Yourself Matters

Any exercise program should suit your fitness/health needs and expectations ...so find the fitness regime that suits you.

1) Screening is required for all new participants and at the beginning of every new year

2) A medical clearance for some health issues may be requested

For safety reasons some adaptations (grading) of exercises will be necessary especially for those people with a specific health condition, e.g. arthritis, back issues

It is the responsibility of every participant to obtain written medical clearance prior to commencement or recommencement in the classes if they have a specific condition that needs attention and needs to be monitored. Please consider all safety issues when undertaking any exercise modality. If you are in doubt, have any concerns or any queries about anything, e.g. the correct way of undertaking any exercise, you are free to ask questions.

Who is suitable?

a) People over 50 or less active wanting to stay fit, strong, active and functioning well.

b) Some classes are more suitable for the less active, especially those people with reduced strength and mobility that increases their risk of falls

Older adults wishing to manage their conditions such as:

Arthritis, (joint replacements); Osteoporosis, Falls and Balance issues;
Back issues; Diabetes; Cardiovascular problems, (medically managed)
.....and more.

What to wear and bring?

Loose fitting comfortable clothing; lace up shoes and water. (Mat for floor work). Any medication that assists a health condition needed during exercise session e.g. asthma/ diabetes