

Exercise classes available at FHCC

MONDAY

9.15am- Start Staying Strong

10am- Heart Take Part

WEDNESDAY

10am- Start Staying Strong

THURSDAY

10am- Bones Better Best

COST

\$3.50 per person



Programs by:

Primary and Preventative Health
Division of Western District Health
Service

- Get fitter, feel better & have some fun!
- Newcomers welcome!
- Bring a friend!
- Wear comfortable clothes and shoes.
- Bring a drink bottle.

For more information contact the
Frances Hewett
Community Centre
2 Roberts Street, Hamilton
Phone: 555 18 450

Updated 15.05.2012

PHYSICAL ACTIVITY PROGRAMME



Frances Hewett
Community Centre
2 Roberts Street, Hamilton
(Rear of hospital off Tyers Street)
Phone: 555 18 450

www.wdhs.net

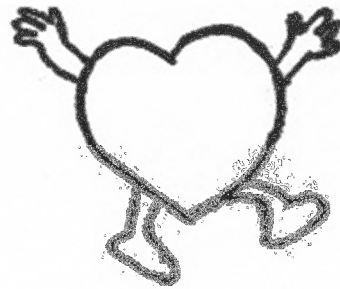
*All classes taken by qualified
Vic Fit Instructors*

Heart Take Part

- Classes are for adults who need gentle, exercise and enjoy the camaraderie of a group.
- Gentle exercise can help with weight management, strength and endurance, heart and lung fitness, flexibility, and improve mental health.
- The class consists of a gentle warm up, marching (while sitting in a chair), toe tapping and arm movements. This generates a small rise in heart rate.
- After cooling down, we work on strength with hand held weights and stretchy bands. We finish the class with flexibility and relaxation work.
- The exercises are designed to help you with normal everyday activities.

Start Staying Strong

- Offer light resistance training for the upper and lower body.
- Exercises are conducted using light weights and are appropriate for people wanting to increase their general strength, making every day activities easier.
- The class consists of a gentle warm up followed by resistance training using light free weights. Stretches and flexibility exercises are used to cool down.
- People with arthritis, osteoporosis, diabetes, COPD, and cardiac problems may benefit from this class.



Bones Better Best

- The Bones Better Best class offers exercises that strengthen muscles and bones, increase joint movement to help with everyday tasks and balance.

*The class is made up of
four major parts:*

- **Chair based warm up** can be completed whilst sitting down.
- **Strengthening:** Use elastic bands to strengthen your arms, back, shoulders and chest.
- **Weight bearing:** A range of movements that strengthen legs and abdominals to help with balance. They include lunging, hip rotation, some moves on the floor and walking around the chairs.
- **Stretching while seated.** The class finishes up with quiet resting time, concentrating on deep breathing.

WE RECOMMEND THAT YOU SEEK YOUR DOCTORS ADVICE BEFORE STARTING ANY EXERCISE.

Participants are encouraged to work at their own pace, and exercises can be chair based or conducted with chair support.