

Exercises Classes
available at Frances Hewett
Community Centre

Monday – Friday

For class times, please contact
reception on
(03) 5551 8450 / (03) 5551 8351

Exercise Class
Available at **Coleraine**
Monday 10:30 am

Cost: \$5 per person

For all new participants:

You will be required to complete a
registration form prior to commencing
the group.

These can be accessed through
reception on
(03) 5551 8450 / (03) 5551 8351

Programs by:

Primary and Preventive Health Division
Western District Health Service

- Get fitter, feel better and have some fun
- Newcomers welcome
- Bring a friend
- Wear comfortable clothing and shoes
- Bring a water bottle

For more information contact:

Frances Hewett
Community Centre
2 Roberts Street, Hamilton
Phone: (03) 5551 8450

Coleraine Campus:
Pilleau Street, Allied Health Centre
Coleraine Hospital
Phone: (03) 5553 2000

Incorporating

Hamilton Base Hospital
National Centre for Farmer Health
Coleraine District Health Service
Merino Community Health Centre
Penshurst & District Health Service
Frances Hewett Community Centre &
WDHS Youth Services
Allied Health/Hamilton House Building
Grange Residential Care Service
The Birches Residential Care

PO Box 283
Hamilton VIC 3300
Ph: (03) 5551 8222
Fax: (03) 5571 9584
Email: ceo@wdhs.net
Internet: www.wdhs.net



Physical Activity Program



www.wdhs.net

Heart Take Part

Challenging

Classes are for adults who would benefit from exercises to improve heart and lung function, while enjoying the activities in a group setting.

The class consists of:

- Gentle warm up
- Standing and seated exercises which aim to increase your heart rate and improve movement and general fitness
- Stretches and flexibility exercises are used to cool down.

The class can help with:

- Weight management
- Strength
- Endurance
- Flexibility
- Improving mental health and overall wellbeing

Start Staying Strong

Intermediate

Exercises are conducted using light weights and are appropriate for people wanting to increase general strength, making every day activities easier.

The class consists of:

- Gentle warm up
- Strength training with or without weights.
- Activities to assist with balance
- Light resistance training for the upper and lower body.
- Stretches and flexibility exercises are used to cool down.

This class can help people with:

- Arthritis
- Osteoporosis
- Diabetes
- Chronic lung disease
- Cardiac problems

Bones Better Best

Easy

This session combines both strength and cardiovascular exercises to improve bone and heart health, and assist with normal everyday activities.

This class consists of:

- Gentle warm up
- Seated cardio exercises to gently increase heart rate.
- Strength training combining both seated and standing exercises with or without weights.
- Stretches and flexibility exercises are used to cool down.

This class can help with:

- Weight management
- Strength
- Endurance
- Flexibility
- Improving mental health and overall wellbeing

WE RECOMMEND YOU SEEK YOUR DOCTORS ADVICE BEFORE STARTING ANY EXERCISE

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