

Pre-exercise screening

You will be required to complete a screening form so that we can ensure the exercise will be safe for you. This medical clearance will also need to be signed by your GP before starting.

There are very few reasons why you can't safely participate in this program. If you have any doubts or want more information, call the program coordinator on 9113 1397.



Research Supported by:

Commonwealth Department
of Veterans Affairs

Are you finding it more difficult to carry the groceries?

The St George Hospital's Program:

Strengthening for Over 60s



NOW AT A LOCATION TO SUIT YOU

Improve your health and quality of life in this fun and effective
9 week program

Initiated by the Aged Care & Physiotherapy Departments

Supported by  Commonwealth Department
of Veterans Affairs

Have you noticed that you can't stand up from a chair as quickly as you used to?

Is walking up the stairs harder than it used to be?

Are you finding it more difficult to carry the groceries?

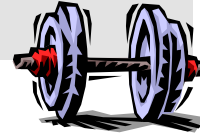
Or do you want to slow these things from happening?

Research has shown that with age, our muscles grow weaker and become smaller. Thankfully, these changes can be reversed or slowed by actively strengthening muscles in the correct way. Large strength increases have resulted from as little as 9 weeks of a strength training program, just 1 to 2 times a week.

The proven benefits of strength training for older adults include

- ◆ ***Increased strength, endurance, energy and overall fitness***
- ◆ ***Fewer falls***
- ◆ ***Improved walking and better balance***
- ◆ ***Increased or maintained bone density***
- ◆ ***Improved mood***

You are invited to participate in a group strength training program designed by a St. George Hospital physiotherapist.



You can participate if:

You are 60 years of age or over.

Veterans and war widows are strongly encouraged to participate, although the course is open to all over 60's.

The Program is:

- ◆ Safe
- ◆ Supervised by a qualified fitness instructor
- ◆ Tailored to your current level of fitness
- ◆ Based on current research and guidelines that give effective results

Where?

You can participate at one of eleven venues in the St George and Sutherland area:

Blakehurst Baptist Church

Caringbah Seniors Citizens Hall

Carss Park Community Centre

Club Menai

Donald Robinson Village Kirrawee

Earlwood Bowling Club

Grandviews Bowling Club Peakhurst

Gunnamatta Park Pavillion

Hurstville Salvation Army Hall

Kogarah RSL Club

Miranda Community Hall

Mortdale/Oatley Baptist Church

Oatley RSL Club

Ramsgate RSL Memorial Club

When?

Courses run for 9 weeks with classes once per week. New courses are due to begin in January, March, May, August, October

Cost: (Fees payable prior to starting course) \$59.00 per 9 week term paid in advance.

If you are interested in participating, please contact the exercise Program Coordinator, on 9113 1397 to inquire about times of classes and registration.